



New York Arm Wrestling® Association

Contact: Gene Camp 718-544-4592 or Email: nyawa@aol.com

Cheap Shots Sports Bar – 718-969-0070

Websites: www.nycarms.com / www.newyorkstatearmwrestling.com



39th Annual 2016 Empire State

Tournament of Champions

(Official 39th New York State Arm Wrestling Championships)

****No Residency Requirements****

Featuring

**New York State 'Strongest Arm' MVP Awards
2016 New York State Arm Wrestler of the Year Award!**



Sunday, Dec. 4, 2016

1:00 P.M. START TIME

Weigh-In & Registration

9:30 a.m. to 12:50 p.m. - Start 1 p.m. Sharp



Entry Fees: Amateurs \$25 - Pros \$35 - Women \$15

*****\$5.00 GENERAL ADMISSION*****

Cheap Shots Sports Bar

Address: 149-05 Union Turnpike Flushing, Queens, NY. 11367

Awards: FIRST, SECOND and THIRD PLACE

Official Certificates, MVP Plaques, TEAM & ARM-STAR AWARDS

Pros: Custom Medallions / Amateurs: Custom Medals

OVERALL CASH PRIZES & MVP Captains of Crush Grippers

Captain's Team Champions Award: (Most First Place Points Scored)

\$150 Overall Pro Cash Prizes: (Males Right & Left Hand)

\$150 Pro Bonus: (Any man who could win Pro Right & Left Overall)

\$50 Female Overall (Right and Left Hand)

***Weight Classes: Men and Women R & L Hand**

>>>> Amateur & Pro Weight Classes - <<<<<

Men (Right and Left) 0 -154 - 176 - 198 - 225 - 226+

Masters (Right and Left) 45+ & 55+ Years (Open)

Women (Right) 0 -125 - 150 - 151+ Women (Left) - Open

Women Novice (Right) (First time beginners only) - Open

THREE CONTESTANTS REQUIRED PER WEIGHT CLASS OR CATEGORY

Weight Class consolidation to Pro/Am could occur in any weight class or category

Note: Must have at least two pro contestant challengers for overall cash prizes

Note: 18 Years Old and Over --- (5-pound clothing allowance)

T-SHIRT RESTRICTIONS: NO ARM WRESTLING ORGANIZATION or CORPORATION T-SHIRTS

T-SHIRTS PERMITTED: Arm Wrestling Team Shirts, NY Arm Wrestling Shirts OR BLANK T-Shirts ONLY!

Empire State Champions featured at the 2017 NYC BIG APPLE GRAPPLE INTERNATIONAL

Motel: Walk to Event / Call 718-969-3000 - <http://kewmotorinn.com>

Public Transportation:

Train: Take the E or F Train to Union Turnpike/Kew Gardens Stop - Than take the Q-46 Bus to Union Turnpike and Main Street (Flushing) Stop - Than walk down 2 blocks to Cheap Shots Sports Bar 149-05 Union Turnpike (Left Side) between 149th Street and 150th Streets.

Busses: Q-46 - Q-44 AND Q-20 ALL stop at Main Street and Union Turnpike

Cars: Sunday Street Parking Available

Sanctioned and Supervised by: New York Arm Wrestling® Association

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