



New York Armwrestling® Association

Contacts: Gene Camp - Email: nyawa@aol.com

Cheap Shots Sports Bar – 718-969-0070

NYAWA Website: www.nycarms.com



1st Time-Ever NYC Sit-Down / Stand-Up Armwrestling Championships

Featuring All New

(Sit -Down Preliminaries and last three in finalists in Stand -Up Finals Competition)

Featuring

\$\$ Male and \$\$ Female Overall Cash Prizes

Sunday, March 24, 2019

*** \$5.00 GENERAL ADMISSION ***

Hosted by Cheap Shots Sports Bar

Sponsored by Ironmind.com & Cheap Shots Sports Bar

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

Weigh-In & Registration 9:30 a.m. to 12:50 p.m. Start 1 p.m.

AWARDS – 1/2 Pound Liberty Medallions and Certificates

OVERALL \$\$ CASH PRIZES & IRONMIND.COM - CAPTAINS OF CRUSH

GRIPPERS & CUSTOM LIBERTY MEDALLION AWARDS

All Categories: Custom Engraved Medallions: FIRST, SECOND & Third PLACE

TEAM, Arm Star and MVP AWARDS:

Men: \$250 R & L PRO Overall Cash Prizes / Women \$100 R & L Overall

Overall \$100 Bonus: Any man who could win Right & Left Overall

Note: Pro - First Place Cash Prizes could be updated depending on sponsorship

Sanctioned and Supervised By: New York Arm Wrestling Association (1977 to 2019)

Entry Fees:

Masters / Amateurs: \$25 - Pros: \$35 - Women: \$15

Pros, Master, Amateurs and Women Weight Classes

Men PROS: (Right & Left) 165 – 190 – 220 – 221+ OPEN

Men AMATEURS: (Right & Left) 165 – 190 – 220 – 221+ OPEN

WOMEN (Right): Open - **WOMEN (Left)** Open

Master Class (Right 45+ Years Open and (Left 45+ Years Open

(5-pound clothing allowance)

NYAWA MEMBERS with current one year NYAWA Membership Card - \$ 5.00 off per weight class

REQUIREMENTS

At least three contestants pre class or consolidation could occur to Pro/Am or higher weight class

T-Shirt Requirements: No Arm Wrestling Organization T-Shirts except NY Arm Wrestling Assoc.

All Team Shirts Permitted

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

Proud Sponsors: Ironmind.com-Captains of Crush Grippers, and Cheap Shots

Cars: Street Parking Available

Contact: Gene Camp 718-544-4592 – Email: nyawa@aol.com - Website: nycarms.com