



# 2010

NYCARMS.COM

## EMPIRE STATE GOLDEN ARM TOURNAMENT OF CHAMPIONS



**SUPERCUTS**  
every time®



**New York Armwrestling® Association**

Contact: Gene Camp 718-544-4592 or [genecamp@nycarms.com](mailto:genecamp@nycarms.com)

Email: [nyawa@aol.com](mailto:nyawa@aol.com) - Website: [www.nycarms.com](http://www.nycarms.com)

## CROWNING OF THE Empire State Strongest Arm

Proud Sponsors: Supercuts®, Captain's of Crush® Grippers

**Thursday, November 18, 2010**

**1:00 P.M. START TIME**

**\*\*\* FREE ADMISSION \*\*\***

**Port Authority Bus Terminal - NYC**

Address: 625 8<sup>th</sup> Ave. New York, New York 10018

Weigh-In & Registration: 9:30 a.m. to 12:45 p.m. Start 1 p.m.

Directions:

<http://www.panynj.gov/bus-terminals/port-authority-bus-terminal.html>

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

Free T-Shirt to the first 50 entries

Custom 4" ½ POUND MEDALLIONS FOR FIRST, SECOND AND THIRD PLACE

Special MVP awards, plus

**\$100 Cash Prizes IN EACH PRO WEIGHT CLASS**

\$200 to Male (Right & Left Overall) & \$100 Female (Right Overall)

**Bonus \$200: Any man who could win Right & Left Overall**

**>> Medallion Awards and Certificates for Amateurs <<**

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

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

Men (R) 154 - 176 - 198 - 225 - 226+ - 45+ - 55+ Years Old

Men (L) 154 - 176 - 198 - 199+

Women (R) 125 - 143 - 144+ - (W-L) 144+

**REQUIREMENTS** – THREE CONTESTANTS PER CLASS or  
Weight Class consolidation would occur in any category  
(5-pound clothing allowance)

**Note: 17 years old and under Parent or Guardian Signature required**

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Sanctioned By: New York Arm Wrestling®