



New York Armwrestling® Association
 Contact: Gene Camp 718-544-4592 or genecamp@nycarms.com
 Email: nyawa@aol.com - Website: www.nycarms.com
 Or Queens County Farm Museum 718-347-3276



TWO SPECTACULAR DAYS OF ARM WRESTLING COMPETITION

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**33rd ANNUAL CLEAR 'QUEENSBORO'
 ARMWRESTLING CHAMPIONSHIPS**

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Captain's of Crush® Grippers

Queens Strongest Arm

Sept. 25 and Sept. 26, 2010

Queens County Farm Museum ~ queensfarm.org ~ 718-347-3276
Address: 73-50 Little Neck Parkway Floral Park, NY 11004
Directions: www.queensfarm.org/hours-directions.html
Weigh-In & Registration 9:30 a.m. to 12:45 p.m. Start 1 p.m.

Saturday, Sept. 25, 2010

NYC Junior and Novice Arm Wrestling Championships

Kids 7 to 12 years old, teens 13 to 17

Novice Adults 18+ in various age and weight categories

(Kids, Teens compete ONLY for the price of admission) Novice 18+ \$10

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

Sunday, Sept. 26, 2010

Entry Fees: Amateurs \$15 & Pros \$20 Admission not included

General Admission: \$7.00 - \$4 Children under twelve



Captain's of Crush Grippers - Special MVP awards, plus

\$100 Cash Prizes to Sunday's Queens Strongest Arms

Male - (Right & Left Overall) & Female (Right Overall)

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

***Note: All contestants must pay admission to the Queens Farm Museum**

Awards: First, second and third place – Both Days

***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+

Saturday - Junior Weight Classes

Boys - 7 to 12 years Old (R) - 60 - 80 - 100 - 120 - 121+

Girls - 7 to 12 Years Old (R) - Light - Middle and Open (Determined day of event)

*** Novice Adults & Teens 13-17 Weight Classes are same as above**

**REQUIREMENTS – THREE CONTESTANTS PER CLASS or
 Weight Class consolidation could occur in any category**

(5-pound clothing allowance)

2010 Empire State Finals: Port Authority Bus Terminal NYC Nov. 18, 2010
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