



34th EMPIRE STATE GOLDEN ARM TOURNAMENT OF CHAMPIONS

Official New York State Arm Wrestling Championship

New York Armwrestling® Association

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

Website: www.nycarms.com

CROWNING of the Empire State Strongest Arm

Proud Sponsor: White Castle

Thursday, November 17, 2011

1:00 P.M. START TIME

*****FREE ADMISSION*****

Port Authority Bus Terminal - NYC

Address: 625 8th Ave. New York, New York 10018

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

Directions:

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

Pro and Amateur Entry Fees and Awards:

Amateurs \$25 and Pros \$35 Includes Free T-Shirt
Custom 4" ½ POUND CUSTOM MEDALLIONS FOR FIRST PLACE

Plaques and medals first, second and third place

Special MVP Awards

\$100 Cash Prizes IN EACH PRO WEIGHT CLASS

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

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

TOP MAN! \$800 CASH PRIZE (Must Win both Right and Left Overall)

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

Men & Women – Right and Left Amateur & Pro Weight Classes

PRO - Men (R & L) 154 - 176 - 198 - 199+ Women R & L OPEN

AMATEUR – Men (R & L) 176 - 198 - 199+ Women R Open

REQUIREMENTS – THREE CONTESTANTS PER CLASS or

Weight Class consolidation to Pro-Am could occur in any category

(5-pound clothing allowance)

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

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Sanctioned and Supervised By: New York Arm Wrestling® Association