



# 39th ANNUAL EMPIRE STATE ARM WRESTLING CHAMPIONSHIPS SET FOR DEC. 4, 2016

*MEN AND WOMEN BATTLE FOR THE NEW YORK STATE STRONGEST ARM TITLE*

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[New York Arm Wrestling Association](#) (NYAWA)

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Flushing, New York Nov. 30, 2016 The New York Arm Wrestling Association (NYAWA) announced today that the 39th Annual Empire State Tournament of Champions (Official 2016 New York State Arm Wrestling Championships) will be held on Sunday, December 4, 2016, beginning at 1:00 p.m., hosted and held at Cheap Shots Sports Bar (149-05 Union Turnpike Flushing, Queens, NY 11367). Entrance fees are \$25 for amateurs, \$35 for pros and \$15.00 for women. Contestants should weigh-in and register between 9:30 A.M. and 12:50 P.M. as the event begins at 1 pm. Spectator's admission is \$5.00. Competition is open to the public 18 years old and over and has no residency requirements. The proud sponsors are Ironmind.com (Captains of Crush Grippers), Cheap Shots Sports Bar & NY Arm Wrestling Association.

Over \$ 3,000 in cash and prizes will be given out and over 100 men and women are expected to compete for the chance to be crowned New York State Strongest Arm.

The event is divided into right and left hand weight class categories for men and women in pro, amateur, masters 45+ and 55+ years old.

The New York State Strongest Arm MVPs (overall male and female, right and left hand winners) receive cash prizes and awards are given for first, second and third place in all weight class categories. Teams will also compete, grouped by Borough, State, and Country, with a point tally to determine the winning team prize. Captains of Crush Grippers® will be presented to all the overall winners.

"The Empire State Golden Arm Tournament of Champions is New York City's oldest and most prestigious sought-after title," said Gene Camp, founder and president of the New York Arm Wrestling Association (NYAWA). "This event as the culmination of the 2016 NYAWA season and very exciting to watch because it is loaded with top talent locally, from all over the tristate area and far beyond." The Empire State Championship is the finale of the multi-event NY Golden Arm Series, promoted according to partnerships and sponsorship.

Some of the city's best arm wrestlers are expected to compete, among them, the winners of the prestigious 2016 NYC Big Apple Grapple International and last year's 2015 Empire State Champions will also return to defend their titles in this multi-talented high profile arm wrestling championship. Since there are no residency requirements, contestants and teams are expected locally from the five NYC Boroughs and Long Island and from as far away as Russia, Brazil and Turkey.

For more information, visit the NYAWA website at [nycarms.com](http://nycarms.com) or call 718-544-4592 ###

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This press release can be viewed online at: <http://www.einpresswire.com>

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