

Shin Min Daily News & Carlsberg Special Brew ARM-WRESTLING CHALLENGE 2009

1st Quarter-Finals (261 Food House, Blk 261 Serangoon Drive Central)
- 1 Aug (Sat), 7.30pm-9.30pm

2nd Quarter-Finals (NTI Foodcourt, Blk 964 Jurong West St 91)
- 7 Aug (Fri), 7.30pm-9.30pm

7.30 pm	Start of Event
7.35pm	Song Performance – Karen Lim 林晓婷 Arm Wrestling Demo plus Rules of challenge
7.50pm	Round 1 - 70kg and below
8.00pm	Stage Power Game
8.05pm	Round 1 –Above 70kg
8.15pm	Stage Power Game
8.20pm	Round 2 –70kg and below
8.30pm	Stage Power Game
8.40pm	Round 2 -Above 70kg
8.50pm	Song Performance 2 – Wang Lei 黄雷
9.05 pm	Challenge Finale -Under 70kg Challenge Finale -Above 70kg
9.25pm	Announce of all finalists
9.30pm	Event Ends

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Grand Finals – S21 Blk 211 Toa Payoh Lor 8
- 14 Aug (Fri), 7.30pm-10.30pm

7.30 pm	Start of Event
7.35pm	1) Song Performance – Bao Bei Sister 2) Arm Wrestling Demo (by Judges) plus Rules of challenge
8.05pm	Introduction of Finalists 70kg and below and start Round 1
8.20pm	Thickest Upper Arm Contest Stage Power Game
8.35pm	Introduction of Finalists Above 70kg and start Round
8.45pm	Sexiest Biceps Contest Stage Power Game
9.00pm	Round 2 –70kg and below Round 2 –Above 70kg
9.20pm	Song Performance – Liu Ling Ling Me Against Mighty Hunk Contest
9.45pm	Ladies Arm Wrestling Challenge
9.55pm	Grand Finals Showdown <u>: 70kg and below</u> <u>: Above 70kg</u>
10.15pm	Prize Presentation
10.30pm	Event Ends