

ARM WARS "SIN CITY" / DAY 1 / SUNDAY 12TH DECEMBER 2010 LAS VEGAS NEVADA, USA

11.00HRS PRE EVENT STRUCTURE & RULE BRIEFING & SPECIFIC ATHLETE FEATURES 11.00HRS

12.30HRS - INTRODUCTION TO ATHLETES & EVENT FORMAT EXPLAINED BY HOST NEIL PICKUP - 12.30HRS

| CLASS & COMMENT | MATCH | COUNTRY | ATHLETE ONE | Vs | ATHLETE TWO | COUNTRY | SCORE | COMMENTS |
|---|-------|---------|-------------|----|-------------|---------|-------|----------|
| SPECIAL EVENT FEATURE MATCH | | | | | | | | |
| NEVADA STATE & FORMER U.S. NATIONAL CHAMPION | | | | | | | | |
| Vs. CURRENT U.S. SOUTHERN STATE CHAMPION | | | | | | | | |
| MATCH 1 / SUPER-HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| REIGNING CANADIAN & FORMER WORLD SUPER HEAVYWEIGHT CHAMPION | | | | | | | | |
| Vs. MULTIPLE U.S. NATIONAL & REIGNING ARM WARS L.H. CHAMPION | | | | | | | | |
| MATCH 2 / SUPER-HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| REIGNING ARNOLD CLASSIC SUPER HEAVYWEIGHT CHAMPION | | | | | | | | |
| Vs. DEFENDING ARM WARS RH HEAVYWEIGHT WORLD CHAMPION | | | | | | | | |
| MATCH 3 / SUPER-HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| MULTIPLE NATIONAL & MASTERS SUPER-HEAVYWEIGHT WORLD CHAMPION | | | | | | | | |
| Vs. MULTIPLE NATIONAL WAF WORLD HEAVYWEIGHT CHAMPION | | | | | | | | |
| MATCH 4 / SUPER-HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| REIGNING U.S. & FORMER WORLD SUPER-HEAVYWEIGHT CHAMPION | | | | | | | | |
| Vs. REIGNING ARM WARS SUPER-HEAVYWEIGHT WORLD CHAMPION | | | | | | | | |
| SPECIAL EVENT FEATURE MATCH | | | | | | | | |
| TOP CANADIAN LIGHT-HEAVYWEIGHT CONTENDER | | | | | | | | |
| Vs. U.S. NATIONAL & ARM WARS SUPERMATCH CHAMPION | | | | | | | | |
| SPECIAL EVENT FEATURE MATCH | | | | | | | | |
| TOP RANKED U.A.L. & U.S. LIGHT MIDDLEWEIGHT CONTENDER | | | | | | | | |
| Vs. MULTIPLE U.S. NATIONAL & WORLD CHAMPION | | | | | | | | |
| MATCH 5 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |
| MATCH 6 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |
| MATCH 7 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |
| MATCH 8 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |
| SPECIAL EVENT FEATURE MATCH | | | | | | | | |
| CANADIAN NATIONAL CHAMPION | | | | | | | | |
| Vs. CURRENT U.S. NATIONAL CHAMPION & W.A.F. WORLD No. 4 | | | | | | | | |
| SPECIAL EVENT FEATURE MATCH | | | | | | | | |
| FORMER U.S. NATIONAL CHAMPION | | | | | | | | |
| Vs. ARM WARS "LEGACY" SUPERMATCH CHAMPION | | | | | | | | |
| MATCH 9 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |
| MATCH 10 / SUPER HEAVYWEIGHT BATTLEGROUND | | | | | | | | |
| CHAMPION | | | | | | | | |
| Vs. CHAMPION | | | | | | | | |

POST MATCH ATHLETE FEATURES

19.30HRS CLOSE OF EVENT DAY ONE 19.30HRS

| ATHLETE FEATURES GUIDE & POINTERS | TIME | ATHLETE FEATURE | TIME | ATHLETE FEATURE | TIME | ATHLETE FEATURE |
|--|----------|-----------------|----------|-----------------|---------|-----------------|
| We will ask you about your feelings ahead of the match, are you confident, nervous, excited, etc. every specific interview will be conducted as a stand alone match ie. don't think about your progression IF you are in "THE GATHERING" or a "BATTLEGROUND" format. As far as the interviews go quite simply treat EVERY match as if it is the only one that you will pull that day and we will get to the next match before it happens as a stand alone separate feature. Think about your strengths & weaknesses as well as those of your opponent. Think about what you know about the athlete you will face. Think about styles, physicality, strength Vs technique, the clash of styles, you aims & objectives. Come Ready & Good Luck | 11.10HRS | RICHARD LUPKES | 12.10HRS | RYAN ESPEY | TBC/HRS | GEOFF HALE |
| | 11.20HRS | DEVON LARRATT | 12.20HRS | MICHAEL TODD | TBC/HRS | JAKE SMITH |
| | 11.30HRS | TIM BRESNAN | 12.30HRS | JOSH WOOD | TBC/HRS | ANDREW RHODES |
| | 11.40HRS | RON BATH | 12.35HRS | LENNY LOCKERT | TBC/HRS | LUKE KINDT |
| | 11.50HRS | YOSHI KANAI | 12.40HRS | JOHN MILNE | TBC/HRS | ETHAN FRITCHE |
| | 12.00HRS | DON UNDERWOOD | 12.45HRS | RYAN CLARK | TBC/HRS | FRODE HAUGLAND |