

2023 NPC Idaho Cup, Schedule & Deadlines:

Hotel: The Riverside Hotel, 2900 Chinden Boulevard, Boise, ID 83714, Phone (208) 343-1871. The **Group Rate of \$165.00 per night.** (Single/Double) The room reservation includes two breakfast buffets each day. The Riverside is located on the Boise River and has a new indoor pool with a splash zone, as well as the outdoor pool. The Riverside features live music and food at the Sand Bar, by the river. The Riverside is a great Hotel to bring the whole family! **The Group Rate deadline is Friday October 6th, 2023.** (Friday tanning will be conducted at the Riverside by NWCC)

Sunday October 8th – Entry Deadline. (Printed Program) **Final deadline** – 10/18/23.

Friday October 20th, Check-in: Revolution Concert House, 4983 Glenwood St., Garden City, ID 83714

5:30 – 6:00 PM – Official Check-in start time for all **male** competitors.

6:00 – 6:30 PM – Official Check-in start time for all **women** competitors.

*Competitors will get measured and or weighed for their appropriate classes, show their NPC cards and proof of age, obtain their numbers, goody bags, contest shirts and Dog Tags. For **NPC Registration** – Go to www.npcregistration.com (\$150.00) All athletes must be members of the NPC.

6:30 PM – Competitor Meeting, Revolution Concert House

Saturday October 21st, Revolution Concert House:

8:00 AM – 9:15 AM – Exhibitor set-up. (Exhibitors must tear down immediately after Session #2)

9:00 AM – All Men's Groups are allowed into the venue.

9:15 AM – General Public is allowed access to the venue.

10:00 AM – Session 1 (Judging/Finals – No Intermission) All Men's Divisions in order:
Bodybuilding – Wheelchair, Masters 70, 60, 50, 40, Novice, Junior (18-23) **Hero** and Bodybuilding Open. **Classic Men's Physique** - 60, 50, 35, True Novice, Novice, Junior (18-23), **Hero** and Open. **Men's Physique** – 60, 50, 40, 35, **Junior** (18-23), True Novice, Novice, **Hero** and Open. (Ends at approximately 1:00 PM) **Featuring** - Emcee Kim Farrison, Russ Testo and Missy Truscott.

3:00 PM – All Women's Groups are allowed access to the venue. (Backstage by 3:30 PM)

3:15 PM – General Public is allowed access to venue.

4:00 PM – Session 2 (Judging and Finals) All Women's Divisions in order:

Fitness, Women's Physique – 50, 35 and Open. **Bodybuilding, Figure** – 60, 55, 50, 40, 35, True Novice, Novice and Open. **Wellness** – 40, 35, True Novice, Novice and Open. **Bikini** – 60, 50, 45, 40, 35, **Junior** (18-23), True Novice, Novice, **Hero** and Open. (End time is approximately 7:30 PM) **Featuring** - Emcee Kim Farrison, IFBB Pro Ashley Jones, Missy Truscott, Duo Kinetics & Russ Testo.

After contest food at **Brixx Craft House** at:

Brixx – 7700 W. State St., Boise (Five minutes from the Revolution Concert House!)
(*Great food, craft beer, cocktails, desserts! 25% discount for all Idaho Cup Athletes and a \$25.00 Brixx gift card for all Overall Champions!)

For further information: muscleshows@aol.com or craigproductions.com