

2024 Idaho Cup Natural – Schedule & Deadlines:

Entry Deadline: Sunday 09/29/24 (To be listed in the printed Program)

Final on-line deadline – 10/08/24.

Friday October 11th, Revolution Concert House:

12:00 Noon – 6:00 PM – Rolling Check-in and Drug Testing appointments.

6:00 PM – Official Check-in start time for all **male** competitors. (Open and Tested)

6:15 – 7:00 PM – Official Check-in start time for all **women** competitors. (Open and Tested)

*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. **NPC**

Registration – Go to www.npcregistration.com (\$150.00) All athletes must be current 2024 members of the NPC, in good standing.

7:00 PM – Competitor Meeting, Revolution Concert House

Saturday October 12th, Revolution Concert House:

9:00 AM - Idaho Cup Open Judging begins.

9:00 AM - 12:00 Noon, Drug Testing by appointment. Remaining athletes will check-in prior to their drug testing time, at the Revolution Concert House. **Designated entrance TBD.**

Athletes are permitted to watch the Open Judging Session.

Sunday October 13th, Revolution Concert House:

8:00 AM – Athletes are allowed entrance into the venue.

8:40 AM – General Public is allowed entrance to the venue.

9:00 AM – (Judging and Finals in one session, a Short Intermission and then Finals)

All Divisions Judging & Finals, in order:

(Men's) Bodybuilding – 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. **(Women's)**

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. (Intermission then Finals)

***The above schedule is subject to change, but the general order shall remain the same.**

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

Brixx – 7700 W. State St., Boise (Five minutes from the Revolution Concert House!

***Great food and desserts! 25% discount for all Idaho Cup Natural Athletes and \$25.00**

Brixx Gift Card for Overalls!

For further information: Muscleshows@aol.com or www.craigproductions.com