

# 2024 Old Skool Energy NPC Idaho Cup, Schedule & Deadlines:

**Entry Deadline: Sunday 09/29/24 (For listing in the printed Program)**  
**Final on-line deadline – 10/08/24.**

## **Friday October 11<sup>th</sup>, Check-in: Revolution Concert House:**

**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](http://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 12<sup>th</sup>, Revolution Concert House:**

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

**8:45 AM – General Public is allowed access to the venue.**

### **9:00 AM – Judging (All Classes, General Admission seating)**

**In order: 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. **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. **(Venue closed after Judging)**

**3:15 PM – All athletes allowed into the venue. General Public 3:40 PM**

### **4:00 PM – Finals (All Classes, Reserved and General Admission Seating)**

***Individual routines and award presentations with Emcee Kim Farrison.***

**In order: 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. **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.

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

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 in addition to a \$25.00 Brixx gift card for all Overall Champions!)**

***For further information:*** [Muscleshows@aol.com](mailto:Muscleshows@aol.com) [www.craigproductions.com](http://www.craigproductions.com)