



Stewart Fitness presents the Elite Performance Tanning 2024 NPC, CHARLOTTE CUP

April 6 & 7, 2024 - Charlotte, NC
An NPC Sanctioned Event



CROSSOVERS ALLOWED FOR ALL DIVISIONS!

ALL CLASSES AWARDED 1ST-5TH. "OVERALL" WINNER AWARDED IN OPEN DIVISIONS ONLY.

OPEN MEN'S BODYBUILDING

- ___ Bantamweight - Up to 143^{1/4}
- ___ Lightweight - 143^{1/2} - 154^{1/4}
- ___ Middle Weight - 154^{1/2} - 176^{1/4}
- ___ Lightheavy - 176^{1/2} - 198^{1/4}
- ___ Heavyweight - 198^{1/2} - 225^{1/4}
- ___ Superheavy - 225^{1/2} & Over

NOVICE MEN'S BODYBUILDING

- ___ Lightweight - Up to 176^{1/4}
- ___ Heavyweight - Over 176^{1/4}

TRUE NOVICE MEN'S BODYBUILDING

- ___ Lightweight - Up to 176^{1/4}
- ___ Heavyweight - Over 176^{1/4}

TEENAGE MEN'S BODYBUILDING

- ___ One Class

MASTERS MEN'S BODYBUILDING 35+

- ___ Lightweight - Up to 176^{1/4}
- ___ Heavyweight - Over 176^{1/4}

MASTERS MEN'S BODYBUILDING 40+

- ___ Lightweight - Up to 176^{1/4}
- ___ Heavyweight - Over 176^{1/4}

MASTERS MEN'S BODYBUILDING 50+

- ___ 1 Class

MASTERS MEN'S BODYBUILDING 60+

- ___ One Class

OPEN WOMEN'S BODYBUILDING

- ___ One Class

MASTERS WOMEN'S BODYBUILDING 35+

- ___ One Class

OPEN FIGURE

- ___ Class A - Up to 5'2
- ___ Class B - Over 5'2 - 5'4
- ___ Class C - Over 5'4 - 5'6
- ___ Class D - Over 5'6

NOVICE FIGURE

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

TRUE NOVICE FIGURE

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS FIGURE 35+

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS FIGURE 40+

- ___ One Class

MASTERS FIGURE 45+

- ___ One Class

MASTERS FIGURE 50+

- ___ One Class

OPEN MEN'S CLASSIC PHYSIQUE

- ___ Class A - Up to 5'7
- ___ Class B - Over 5'7 - 5'10
- ___ Class C - Over 5'10

NOVICE CLASSIC PHYSIQUE

- ___ Class A - Up to 5'9
- ___ Class B - Over 5'9

TRUE NOVICE CLASSIC PHYSIQUE

- ___ One Class

MASTERS CLASSIC PHYSIQUE 35+

- ___ Class A - Up to 5'9
- ___ Class B - Over 5'9

MASTERS CLASSIC PHYSIQUE 40+

- ___ Class A - Up to 5'9
- ___ Class B - Over 5'9

MASTERS CLASSIC PHYSIQUE 50+

- ___ Class A - Up to 5'9***
- ___ Class B - Over 5'9***

MASTERS CLASSIC PHYSIQUE 60+

- ___ Class A - Up to 5'9***
- ___ Class B - Over 5'9***

OPEN BIKINI

- ___ Class A - Up to 5'2
- ___ Class B - Over 5'2 - 5'4
- ___ Class C - Over 5'4 - 5'6
- ___ Class D - Over 5'6

NOVICE BIKINI

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

TRUE NOVICE BIKINI

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS BIKINI 35+

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS BIKINI 40+

- ___ One Class

MASTERS BIKINI 45+

- ___ One Class

MASTERS BIKINI 50+

- ___ One Class

OPEN MEN'S PHYSIQUE

- ___ Class A - Up to 5'6
- ___ Class B - Over 5'6 - 5'8
- ___ Class C - Over 5'8 - 5'10
- ___ Class D - Over 5'10

NOVICE MEN'S PHYSIQUE

- ___ Class A - Up to 5'8
- ___ Class B - Over 5'8

TRUE NOVICE MEN'S PHYSIQUE

- ___ Class A - Up to 5'8
- ___ Class B - Over 5'8

MASTERS MEN'S PHYSIQUE 35+

- ___ Class A - Up to 5'8
- ___ Class B - Over 5'8

MASTERS MEN'S PHYSIQUE 40+

- ___ Class A - Up to 5'8
- ___ Class B - Over 5'8

MASTERS MEN'S PHYSIQUE 50+

- ___ One Class

OPEN WOMEN'S PHYSIQUE

- ___ Class A - Up to 5'6
- ___ Class B - Over 5'6

TRUE NOVICE WOMEN'S PHYSIQUE

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS WOMEN'S PHYSIQUE 35+

- ___ Class A - Up to 5'6
- ___ Class B - Over 5'6

OPEN FITNESS

- ___ One Class

OPEN WELLNESS

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

TRUE NOVICE WELLNESS

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

NOVICE WELLNESS

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS WELLNESS 35+

- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS WELLNESS 40+

- ___ One Class

EVENT INFORMATION

ENTRY FEES

- If Entered On or Before March 30, 2024 - \$100
- If Entered After March 30, 2024 - \$125
- Crossovers - \$100 / \$125 (Late)

Enter Online at www.JohnnyStewartProductions.com

NPC CARDS

- Must have 2024 NPC Card to compete
- NPC Cards available for purchase at weigh-ins or online at www.NPCNewsOnline.com
- Must show proof of purchase (Screen Shot's Allowed)

WEIGH IN's / CHECK-IN's - Charlotte Convention Center - Room TBD

- Friday April 5, 2024 5:00pm - 7:00pm (All Saturday Competition Athletes)
- Saturday April 6 2024 1:00pm - 3:00pm (Only Sunday Competition Athletes. FRIDAY CHECKIN AVAILABLE)
- Athletes Meeting: 8:00am - 8:30am on your competition date

COMPETITION SCHEDULE

Saturday	Sunday
Prejudging: 9am / Finals: 4pm	Prejudging: 9am / Finals: 4pm
Order Subject to Change	Order Subject to Change
IFBB Figure	IFBB Bikini
IFBB Men's Physique	IFBB Wellness
IFBB Classic Physique	NPC Bikini
NPC Figure	NPC Wellness
NPC Men's Physique	NPC Men's Bodybuilding
NPC Women's Physique	NPC Classic Physique
NPC Women's Bodybuilding	
NPC Fitness	

HOST HOTEL

Home 2 Suites
610 S. Caldwell St. Charlotte, NC 28202
Make Reservations by March 21, 2024 & mention "The Charlotte Cup"
Book Your Rooms Online at www.JohnnyStewartProductions.com

CONTEST VENUE

Charlotte Convention Center - Hall C
501 S College St, Charlotte, NC 28202

TICKETS (Per Day)

General Admission	VIP Seating
Prejudging/Finals: \$60 each	Prejudging/Finals: \$70 each
All Day Pass: \$100	All Day Pass: \$120

- Coaches Passes: \$100 (Must be a Ticket Holder)
- Athlete Tickets for Non Competition Day available at Athlete Checkins.
- General Admission \$50 - **CASH ONLY**. No VIP Athlete Tickets
- Tickets Available at the Door and Online at www.JohnnyStewartProductions.com
- This is expected to be a sellout event so it is recommended to purchase tickets online prior to arrival.

MUSIC

Muscleware required ONLY for Bodybuilding, Fitness, Women's Physique & Classic Men's Physique. After completing payment, all Athletes receive a confirmation email from Muscleware. If applicable for your category, confirmation emails include a link you can use to upload your posing routine music (mp3 files only). Muscleware online posing routine music uploading will remain open until Wednesday evening before the event. All Athletes who have not uploaded their posing routine music must bring it in on a CD or USB drive.

COMPETITION SUITS

- *Competition suits must be worn at weigh-ins
- *No "T" back suits.
- *Bikini suits must be in good taste. Minimum 50% glute coverage.
- *Bikini Competitors - It is recommended you bring 2 suits.
- *Approved & Official Classic Physique Shorts: www.npc-wear.com

ELIGIBILITY

Crossovers available to compete in all divisions & categories in which they qualify.

- Open - Open to any NPC Athlete
- Novice - An NPC athlete that has never placed first in their class in a novice, masters or open contest.
- Masters - Must be at least 35, 40, 45, 50 or 60 years of age or older as of competition date in 2024
- True Novice - For first time NPC competitors only.
- Teen - This division is open to athletes 18 and 19 years old. The athlete must be at least 18 years old on the day of the competition and may compete in the Teen division up to the day prior to their 20th birthday. *Rule Update: 1/28/2022*

COMPETITION TANNING, MAKEUP & HAIR SERVICES

Elite Performance Tanning
POWERED BY PRO TAN®
www.ElitePerformanceTanning.com



For the Convenience of the Athletes, Elite Performance Tanning will be located at the host hotel providing tanning services and backstage at the competition venue providing touchups, oil & Bikini Bite® services.

To Schedule your Competition Tanning Services please visit them online at www.ElitePerformanceTanning.com

FOR MORE INFORMATION ON THE 2023 NPC CHARLOTTE CUP PLEASE VISIT:
www.JohnnyStewartProductions.com

For official division judging criteria, including Classic Physique Height & Weight Requirements please visit our NPC National Website:
www.NPCNewsOnline.com