



Natural Indiana  
Prejudging 10am Finals 3:00 pm  
**Order of Events**

**MANDATORY NPC CHECK IN'S & DRUG TESTING**

Indy's Best Transformation competitors **DO NOT NEED TO CHECK IN** on Friday night. Report to the venue at 2:30 pm on Saturday. Detailed instructions will be emailed to you

**ALL OTHER ATHLETES**

FRIDAY June 24th **6:00 – 7:00 pm** Report to the host hotel, **The Laquinta Inn 5120 Victory Dr Indianapolis IN 46203** no check ins permitted after 7:00 PM

Be prepared to offer a urine sample for drug testing. You must drug test **BEFORE** checking in with the NPC. The drug testing bathrooms are located to the left of the lobby down the hall. Photo ID required. After you drug test bring your photo ID and NPC card to the other side of the hall and the NPC officials will check you in.

NPC cards are \$135 cash or check only and can be purchased on the spot. \*price of NPC cards is subject to change per the NPC. We suggest getting your card online at [www.npcnewsonline.com](http://www.npcnewsonline.com)  
Bodybuilders, Women's Physique & Men's classic Physique upload your posing music to Muscwear **PRIOR** to check in

**BODYBUILDERS & CLASSIC MENS PHYSIQUE weigh in their POSING TRUNKS**

**MANDATORY ATHLETES MEETING**

SATURDAY June 25th 8:30 AM All athletes must report to the venue Mike McMorrow Auditorium attached to Beech Grove High School located 5330 Hornet Ave Beech Grove IN 46107

Prejudging starts at 10 am doors open at 9:30 am the evening show starts at 3:00 pm doors open at 2:30 pm.

**ALL ATHLETES COMPETE IN BOTH THE PREJUDGING & EVENING**

Tickets: day show \$20 night show general admission \$30 night show VIP first 5 rows \$40 cash only the day off. Tickets can be purchased in advanced at <https://www.muscwear.com/tickets/2022-INDNA-NAT>

**ADDITIONAL TIPS**

Bring a set of bands to pump up with

Bring extra water and food

Listen up back stage, **DO NOT WANDER FAR** the show will run very smooth and efficient so stay close to the expeditors

Numbers are worn on the left side

Bikini be sure to bring a back up suit

Bring a positive attitude, you're going to have a blast, we promise!