



SX2025
SOUTHERN CROSS CHAMPIONSHIPS

SUNDAY
28TH SEPTEMBER
2025

ICN VICTORIA TEAM



WORLD PRESIDENT



ICN FIRST LADY



OCEANIA PRESIDENT



VICTORIA PRESIDENT



VICTORIAN CO-VICE PRESIDENT



VICTORIAN CO-VICE PRESIDENT

CONTACT

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LIKE OUR FACEBOOK ICN VICTORIA

FOLLOW US ON INSTAGRAM ICN_VICTORIA

MENU

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DATE:

SUNDAY 28TH SEPTEMBER 2025

CONTEST TIME:

10 AM START

ONLINE ENTRY:

ICOMPETENATURAL.COM

CLICK EVENTS THEN ENTER NEW EVENT

ENTRY FEE :

\$249 FIRST DIVISION ENTRY

ADDITIONAL ENTRIES ARE \$99 EACH.

ENTRIES CLOSE:

MIDNIGHT WEDNESDAY 24TH SEPTEMBER

PAYMENT:

PAY ONLINE VIA ICOMPETE OR

AT CHECK-IN ON THE WEEKEND (CASH ONLY)

VENUE:

MERCURE BALLARAT HOTEL & CONVENTION CENTRE.

613 MAIN RD, GOLDEN POINT

PROMOTER:

TONY LANCIANO 0402 555 505

MEGA SHOW HIGHLIGHTS

***AWARDS FOR EVERY PLACE IN EVERY DIVISION**

***NO REGISTRATION DAY TO ATTEND**

***SPORTSMODEL OUTFIT SUPPLIED FREE**

***MEN'S FITNESS SHORTS SUPPLIED FREE**

***MEN'S CLASSIC PHYSIQUE TRUNKS SUPPLIED FREE**

***COMPETITORS MAY ENTER MULTIPLE DIVISIONS.**

***ALL WINNERS GO INTO THE OVERALL**

***FREE CAR PARKING**

***QUALIFIER FOR AUSTRALIAN CHAMPIONSHIPS,**

CANBERRA 18/19 OCTOBER 2025

***QUALIFIER FOR OCEANIA CHAMPIONSHIPS**

CHRISTCHURCH NEW ZEALAND 1ST NOVEMBER 2025

FREE GIFTS FOR EVERY COMPETITOR

ICN MEAL BAG OR T SHIRT

BULK NUTRIENTS SUPPLEMENT SHOWBAG & SHAKER

NUTRITION WAREHOUSE SUPPLEMENT SHOWBAG

MACRO MIKE PROTEIN BAR & PROTEIN

INTERNATIONAL PROTEIN RTD DRINK

HONEST CHEWING GUM

12 PACK SLAB OF C4

FISIO CREAM

TOP 5 MEDAL

FREE COFFEE FOR COMPETITORS, COACHES & SPECTATORS

FREE OUTFIT FOR EVERY
SPORTS MODEL.

MENS FITNESS & CLASSIC PHYSIQUE

EVERY FITNESS & BIKINI MODEL WINNER
67 BIKINI \$100 VOUCHER

TRAINER AWARDS FOR EVERY WINNER

OVERALL WINS OVER \$1000 IN PRIZES

ICN GOLD CHAMPION TROPHY

PRO QUALIFIER INVITATION

FEATURED ON 2026 POSTER

BOUTIQUE PHYSIQUE \$100 VOUCHER

PRANA ON SPORTS BAG & SUPPLEMENTS \$270

KOKO AUSTRALIA \$200 VOUCHER

SOUL IV HEALTH \$300 VOUCHER

BULK NUTRIENTS \$100 VOUCHER

BYS MAKE UP \$100

IVORY TEETH WHITING \$100 VOUCHER

DERRIMUT GYM \$100 VOUCHER

TIARA CROWN, SASH & NECKLACE (FEMALES)

TICKET PURCHASES

**TICKETS ARE ONLY AVAILABLE
ON THE CONTEST DAY ITSELF AT THE DOOR.**

SUNDAY 28TH SEPTEMBER FROM 8.30AM

GENERAL ADMISSION \$50.

HIGH SCHOOL \$25. PRIMARY SCHOOL & UNDER FREE.

CASH ONLY, AS NO CARD FACILITIES ARE AVAILABLE.

SEATS ARE NOT RESERVED – SIT WHERE YOU LIKE

ONSITE FREE CAR PARK

PLEASE NOTE

**COMPETITORS ARE ALLOWED A TRAINER OR HELPER BACKSTAGE
BUT MUST PURCHASE A GENERAL ADMISSION TICKET.**

TOP 5 MEDALS



6 PRO QUALIFIER CARD

ALL DIVISION WINNERS GO INTO THE OVERALL
WINNER WILL BE AWARDED A PRO QUALIFIED CARD
WHICH ALLOWS THE ATHLETE TO ENTER ANY ICN PRO SHOW IN THE SPECIFIC DIVISION
IN WHICH THEY RECEIVED THIS PRO QUALIFIER CARD
WHILE STILL RETAINING FULL AMATEUR STATUS. YOU CAN WIN YOUR PRO CARD
AND PRIZE MONEY BY COMPETING IN A PRO SHOW.



RUNNING PROGRAM

EACH DIVISION WILL COME ON STAGE IN THE ORDER LISTED.

PLEASE REALIZE IT IS IMPOSSIBLE TO KNOW HOW LONG EACH DIVISION WILL TAKE TO BE JUDGED OR

IF ALL DIVISIONS WILL BE RUNNING TO GIVE YOU AN ACTUAL STAGE TIME.

WE WILL EMAIL COMPETITORS AN UPDATE ON ESTIMATED STAGE TIMES IN THE LAST WEEK.

FITNESSMODEL 50+

FITNESSMODEL 40+

FITNESSMODEL 30+

MENS BODYBUILDING OPEN

FITNESSMODEL FIRST TIMER

MENS FITNESS 40+

MENS FITNESS 30+

FITNESSMODEL MAMMA

MENS FITNESS FIRST TIMER

FITNESSMODEL ROOKIE

MENS FITNESS ROOKIE

FITNESSMODEL NOVICE

MENS FITNESS NOVICE

FITNESSMODEL OPEN

MENS FITNESS OPEN

FITNESSMODEL OVERALL CHAMPION

MS WELLNESS

MENS FITNESS OVERALL CHAMPION

SPORTSMODEL 50+

SPORTSMODEL 40+

SPORTSMODEL 30 +

CLASSIC PHYSIQUE 40+

SPORTSMODEL MAMMA

CLASSIC PHYSIQUE 30+

SPORTSMODEL FIRST TIMER

CLASSIC PHYSIQUE FIRST TIMER

SPORTSMODEL ROOKIE

CLASSIC PHYSIQUE ROOKIE

SPORTSMODEL NOVICE

CLASSIC PHYSIQUE NOVICE

SPORTSMODEL OPEN

BIKINIMODEL 50+

BIKINIMODEL 40+

CLASSIC PHYSIQUE OPEN

SPORTSMODEL OVERALL CHAMPION

BIKINIMODEL 30+

BIKINIMODEL 23

CLASSIC PHYSIQUE OVERALL CHAMPION

BIKINIMODEL FIRST TIMER

MENS PHYSIQUE 40+

BIKINIMODEL MAMMA

MENS PHYSIQUE 30+

BIKINIMODEL ROOKIE

MENS PHYSIQUE FIRST TIMER

BIKINIMODEL NOVICE

MENS PHYSIQUE ROOKIE

BIKINIMODEL OPEN

MENS PHYSIQUE NOVICE

BIKINIMODEL OVERALL CHAMPION

MENS PHYSIQUE OPEN

SWIMSUIT FIRST TIMER

MENS PHYSIQUE OVERALL CHAMPION

SWIMSUIT OPEN

SWIMSUIT OVERALL CHAMPION

DIVISIONAL DEFINITIONS

First Timer

First Timer means you have never competed before in any federation.

First Timer means this is your first contest.

However you can enter multiple divisions on the day of your first contest.

Note: First Timer does not mean this is your first time in the division – so do not enter a First Timer division if you have competed previously.

Rookie

Rookie is your first year of competing in that specific division.

This means enter any division for the first time between January 1 and June 30 (Season A) and your Rookie status in that division continues until December 31 (Rookie for Season A and B)

Or enter after July 1 (season B) and you are a Rookie in that division until June 30 the following year. (Rookie for Season B and A)

Age Groups

There can be many different age classes set by the promoters, an example is 30+: 30 years & over on the day of contest. Likewise, similar criteria for 40+ or 50+. U23

Novice

Competitors cannot enter if they have won (placed first) in a Open Division includes Height Classes in that specific division.

Open

Open is the highest level of any particular Division

Overalls

Every Class winner will then compete against each other in the Overall to determine the best of the best

CROSSOVER RULES

MENS DIVISIONS

Men's Fitness

can only crossover into the Men's Classic Physique.

ICN Men's Fitness shorts are supplied free at registration.

Men's Physique

can only crossover into the Men's Classic Physique.

Any type of Board Shorts (Not Supplied) is to be worn just above the knees

Men's Classic Physique

can crossover into either Men's Physique, Fitness or Bodybuilding (1 Only)

ICN Men's Classic Physique trunks are supplied free at registration.

Men's Bodybuilding

can only crossover into the Men's Classic Physique.

FEMALE DIVISIONS

Ms. Fitness Models

can only crossover into the Ms. Sport's model, Ms. Classic Figure, Ms. Runway, ICN Angels only.

Ms. Sports Models

can only crossover into the Ms. Fitness Model, Ms. Classic Figure, Ms. Runway & Angels.

ICN Sports wear outfits are supplied free at registration.

Ms. Bikini Model

can only crossover into the Swimsuit, Ms. Runway & Angels

Ms. Figure

can only crossover into the Ms. Classic Figure, Ms. Runway & Angels.

Ms Wellness

can only crossover into the Ms Sport's model OR Ms. Bikini Model, Ms. Runway & Angels.

10 REGISTRATION DAY

REGISTRATION WILL BE HELD INSIDE THE VENUE ON THE DAY OF THE EVENT.

JUST ARRIVE 75 MINS BEFORE YOUR ESTIMATED STAGE TIME

WHEN YOU ARRIVE AT REGISTRATION, COME TO THE TABLE WITH EITHER AN ENVELOPE OR PIECE OF PAPER IN YOUR HAND.

LET ME COVER THIS CAREFULLY AS ITS VITAL TO A FAST,

FLOWING EXPERIENCE FOR COMPETITORS:

IF YOU ARE PAYING YOUR ENTRY FEES IN CASH AT REGISTRATION YOU MUST HAVE THE MONEY IN AN ENVELOPE. ON THE ENVELOPE, PLEASE WRITE THE FOLLOWING 6 PIECES OF INFORMATION:

- YOUR CONTEST NUMBER (THIS WILL BE EMAILED TO YOU BEFORE THE CONTEST)
- THE DIVISION/S YOU HAVE ENTERED AND ESTIMATED STAGE TIME.
- THE MEDIA (PHOTOS AND VIDEO) YOU ORDERED.
- THE TOTAL AMOUNT ENCLOSED IN THE ENVELOPE – THE CORRECT AMOUNT IS APPRECIATED.

IF YOU PAID ONLINE, GIVE US JUST A PIECE OF PAPER (NOT AN ENVELOPE). THIS IS IMPORTANT TO US BECAUSE "ENVELOPE" MEANS YOU NEED TO PAY, AND "PAPER" MEANS YOU HAVE ALREADY PAID. ON THE PAPER, JUST 4 PIECES OF INFORMATION.



TO PAY ONLINE

GO TO PAY ENTRY UNDER EVENTS IN YOUR ION PORTAL

JUST BRING A PIECE OF PAPER WITH:

- YOUR NAME
- YOUR CONTEST NUMBER
- DIVISION/S AND TIME/S ENTERED

WHEN YOU COME TO THE CHECK-IN TABLE, PLACE YOUR ENVELOPE OR PIECE OF PAPER ON THE TABLE IN FRONT OF THE STAFF. THEY CAN WORK QUICKLY OFF THE WRITTEN INFORMATION AND GET YOU OFFICIALLY REGISTERED AND UNDERWAY. ONCE YOU HAND OVER YOUR ENVELOPE/PAPER TO CHECK-IN STAFF THEY WILL MARK YOUR ATTENDANCE AND HAND BACK YOUR CONTEST NUMBER*

CONTEST NUMBER

YOU RECEIVE ONE CONTEST NUMBER – WEAR THE SAME NUMBER FOR EVERY DIVISION. YOU WILL RECEIVE A FRONT NUMBER TO WEAR ON THE RIGHT-HAND SIDE OF YOUR COSTUME, AND A SECOND NUMBER TO WEAR ON THE BACK (CENTRE). THIS WAY, JUDGES SEE YOUR COMPETITOR NUMBERS WHEN YOU TURN AROUND.

**OFFICIAL
HAIR, TAN AND MAKE-UP**

WE DO NOT RECOMMEND & DISCOURAGE THE USE OF ALL TAN CREAMS

**TAN
OUT OF
TAN**

0403 692 448

CENTRE STAGE WALK

EVERY TIME YOU COME ON STAGE FOR EVERY DIVISION

STAGE ENTRY (STAGE LEFT) - ALL ATHLETES ENTER STAGE TOGETHER & ASKED TO LINE UP ON THE BACK LINE (RED OR YELLOW LINE).

INDIVIDUAL PRESENTATION - EACH ATHLETE IS INTRODUCED, WALKS FORWARD TO THE CENTRE STAGE ICN POSING MAT, STRIKING ONE FRONT POSE ONLY.

RETURN TO POSITION- ATHLETES WALK BACK TO THEIR STARTING POSITION ON THE BACK LINE.

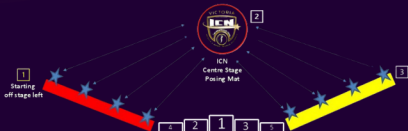
* AFTER ALL HAVE COMPLETED THEIR CENTRE-STAGE POSES & HAVE RETURNED TO THEIR ORIGINAL POSITIONS.

FRONT WHITE LINE WALK - ALL ATHLETES WILL BE ASKED TO WALK TOGETHER TO THE FRONT WHITE LINE MAINTAINING THE SAME ORDER.

FORMAL JUDGING BEGINS

5 ICN JUDGES

FRONT LINE



13

ICN FREE OUTFITS



CLASSIC PHYSIQUE



SPORTS MODEL



MENS FITNESS

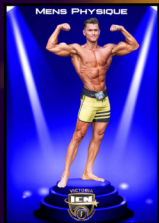
CLASSIC PHYSIQUE TRUNKS, SPORTS WEAR, MEN'S FITNESS SHORTS
SUPPLIED FREE COURTESY OF ICN VICTORIA AT EVERY EVENT
COLLECT AT CHECK-IN TABLE ON THE DAY.

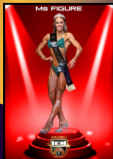
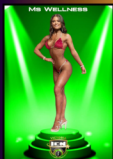
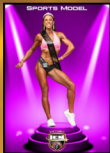
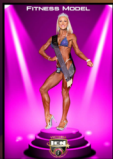
OVERALL CHAMPION GOLDEN TROPHY

OVERALL WINNERS WILL RECEIVE
THE ICN VICTORIAN OVERALL CHAMPION TROPHY WITH THEIR SPECIFIC DIVISION.



MENS DIVISIONS





BACKSTAGE

A SIGNIFICANT BENEFIT OF OUR BACKSTAGE AREA IS THE SIZE. THERE IS NO RESTRICTION ON HOW MANY PEOPLE CAN HELP YOU GET READY AND AFTER COMPETING THEY CAN RETURN BACKSTAGE WITH YOU FOR PHOTOS AGAINST OUR ICN BACKDROPS.

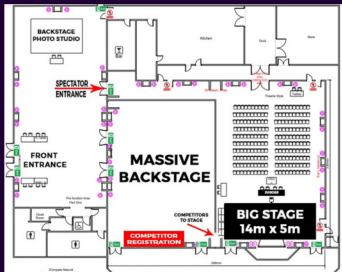
BRING YOUR OWN PUMP-UP ACCESSORIES IF NEEDED.

VENUE HAS 6 COMPULSORY CONDITIONS:

1. DO NOT OIL BY HAND OR SPRAY IN THE SIDE HOLDING AREA BEFORE GOING ON STAGE. A SLIPPERY FLOOR IS HAZARDOUS FOR EVERYONE.
2. COMPETITORS MUST BRING A TOWEL (OR SIMILAR) TO STAND ON WHEN APPLYING ANY TAN/OIL BACKSTAGE.
3. ALWAYS WEAR SANDALS (OR SIMILAR) BACKSTAGE UNTIL YOU GO ON STAGE.
4. COMPETITORS MUST BE FULLY CLOTHED BEFORE SITTING ON CHAIRS IN THE VENUE.
5. DO NOT TOUCH OR LEAN ON WALLS. IF YOU ACCIDENTALLY DO, PLEASE WIPE OFF TAN MARKS WITH BABY WIPES OR SIMILAR TO REMOVE ALL TRACES.
6. DO NOT SIT DIRECTLY ON THE TOILETS SEAT IF YOU ARE TANNED OR THROW BABY WIPES IN TOILET AS THIS BLOCKS THEM, THROW IN BIN PLEASE

VENUE

MERCURE BALLARAT HOTEL &
CONVENTION CENTRE
613 MAIN RD, GOLDEN POINT



MEDIA PACKAGES
**CAPTURE THOSE SPECIAL
MOMENTS & MEMORIES**

STAGE PHOTOGRAPHY
BY DARYL LANE PORTRAITS
10 PROFESSIONALLY EDITED STAGE PHOTOS
\$59 PER DIVISION

BACKSTAGE PHOTOGRAPHY STUDIO
BY WARWICK MARCAKIS
10 HIGH - RESOLUTION STUDIO STYLE IMAGES
\$99

HYPER REELS
BY SNIPERSHOTS PHOTOGRAPHY
20 SECOND, HIGH ENERGY HIGHLIGHT REELS WITH MUSIC
* 1 DIVISION FOR ONLY \$149
*2 DIVISIONS FOR ONLY \$249
*3 DIVISIONS FOR ONLY \$349

DRUG TESTING & SUPPLEMENT WARNING

DRUG TESTING PERFORMANCE-ENHANCING SUBSTANCES AT ICOMPETE NATURAL EVENTS IS CONDUCTED VIA WADA STANDARD URINE ANALYSIS AT INTERNATIONAL LABS.

AS A GENERAL RULE, DON'T TAKE ANY SUPPLEMENTS

3 DAYS BEFORE THE COMPETITION.

THIS WILL AVOID AN INADVERTENT POSITIVE TEST FROM A SUBSTANCE ONLY BANNED "IN COMPETITION" WHICH IS MOSTLY THE PROBLEM WE SEE WITH PRE-WORKOUT SUPPLEMENTS.

WHEN SELECTED FOR DRUG TESTING, PLEASE FOLLOW THE OFFICIAL TO THE TESTING AREA AND LET THE OFFICIAL KNOW IF YOU ARE COMPETING AGAIN SOON; WE WILL LET YOU PREPARE AND COMPETE FIRST.



ACHIEVEMENT

AT ICN VICTORIA BELIEVES COMPETITORS WHO TAKE UP THE CHALLENGE OF COMPETING BUT DO NOT PLACE IN THE TOP 5 HAVE OFTEN ACHIEVED AS MUCH AS THOSE PLACING HIGHER.

AS SUCH, WE PRODUCE AN ACHIEVEMENT MEDAL AS STRIKING AS OUR TOP 5 AWARDS TO RECOGNIZE THE REMARKABLE ACHIEVEMENT TO MAKE IT

THROUGH ALL THE CHALLENGES AND PREPARATION TO STEP ONTO THE CONTEST STAGE.

OUR SPORT IS ALSO A UNIQUE JOURNEY. THE ROAD TO THE PODIUM MAY TAKE MANY ATTEMPTS AND DURING EACH, A COMPETITOR IS CONSTANTLY ACHIEVING REMARKABLE THINGS, EVOLVING AS AN INDIVIDUAL, LEARNING AND GROWING.

THE ACHIEVEMENT MEDALS REPRESENT THESE MANY TESTS, TRIALS AND ACHIEVEMENTS, WHICH ALL CONTRIBUTE TO SUCCESS FURTHER DOWN THE PATH BOTH IN SPORT AND PERSONALLY.

ICN COMPETITOR ACHIEVEMENT MEDALS (EQUAL 6TH PLACE)



ICON VICTORIAN JUDGES MUST UNDERGO A TRAINING PROCESS BEFORE BECOMING AN OFFICIAL JUDGE WHICH CAN TAKE UP TO 12 MONTHS.

THEY ARE INITIALLY ASSESSED ON THEIR CRITIQUING PRACTICE AT LIVE SHOWS BY THE HEAD JUDGE AND MUST REACH A HIGH STANDARD BEFORE PROGRESSING ONTO COMPETITOR PLACING.

TRAINEE JUDGES ARE THEN ASSESSED ON PLACING COMPETITORS AT LIVE SHOWS, AND ONCE THEY ARE DEEMED COMPETENT BY THE HEAD JUDGE, TRAINING IS COMPLETE, AND THEY ARE MADE AN OFFICIAL JUDGE.

ICON VICTORIAN JUDGES MUST ALSO BE OF GOOD CHARACTER, BE ABLE TO ALWAYS WORK UNDER PRESSURE AND DISPLAY PROFESSIONALISM. HAVING CONTEST EXPERIENCE AND/OR FITNESS INDUSTRY EXPERIENCE IS HIGHLY DESIRABLE.

WE TAKE YOUR COMPETING SERIOUSLY, AND SO WE DO NOT JUST PICK PEOPLE TO JUDGE YOUR HARD WORK JUST BECAUSE THEY HAVE COMPETED OR HOLD TITLES.

WE TOTALLY UNDERSTAND THE EFFORT AND DEDICATION YOU HAVE PUT IN TO GO ON STAGE, SO WE HAVE THE BEST TO JUDGE YOU.



CHAMPION TRAINER AWARD

ICN VICTORIA IS PROUD TO BE THE FIRST ORGANISATION TO RECOGNISE THE CONTRIBUTION AND SUPPORT TRAINERS PROVIDE THEIR CLIENTS AND COMPETITORS.

WE WILL BE AWARDING THE TRAINER OF THE WINNER IN EVERY DIVISION WITH THEIR OWN ICN TRAINER AWARD.

THIS AWARD IS BOTH A THANK YOU FROM THE ICN AND YOURSELF FOR THEIR DEDICATION AND SUPPORT IN RECEIVING THE ICN AWARD WE HOPE YOUR TRAINER FEELS A GREATER PART OF THE EVENT AND YOUR JOURNEY BY HELPING YOUR TRAINER SHARE THE SUCCESS AND "THE MOMENT" WITH YOU.

IF YOU HAVE A TRAINER, AND IF THEY ARE AT THE VENUE, WE INVITE THEM ONSTAGE SO YOU CAN BOTH HAVE YOUR PHOTO TAKEN HOLDING YOUR AWARDS.

WE HAVE ALREADY TAKEN YOUR TRAINER INFORMATION FROM MY PROFILE IN ICOMPETE, BUT YOU CAN ALSO TELL YOUR TRAINER TO BE READY TO JUMP ON STAGE IF YOU WIN!
CHAMPION TRAINER AWARD



SX2025

SOUTHERN CROSS CHAMPIONSHIPS

BULK NUTRIENTS
PURE SUPPLEMENTS

PRANA ON

Boutique Physique

macroMike



C4 ENERGY



SUNDAY 28TH SEPTEMBER

Mercure Ballarat Hotel & Convention Centre.

613 Main Rd. Golden Point

TICKETS \$50 HIGH SCHOOL \$25 U12 FREE

icometenatural.com



INTERNATIONAL
PROTEIN

NUTRITION
WAREHOUSE

SOUL TV

IVORY

koko
AUSTRALIA

67 Bikes

25

EVENT PARTNERS

C4 ENERGY

BULK NUTRIENTS
PURE SUPPLEMENTS

PRANA ON



Boutique Physique



**INTERNATIONAL
PROTEIN**

koko
AUSTRALIA

67 Bikinis