



**SX2025**  
**SOUTHERN CROSS CHAMPIONSHIPS**

**SUNDAY**  
**28<sup>TH</sup> SEPTEMBER**  
**2025**

## ICN VICTORIA TEAM



Wayne McDonald

WORLD PRESIDENT



Patricia Lanciano

ICN FIRST LADY



Tony Lanciano

OCEANIA PRESIDENT



Karl Di Falco

VICTORIA PRESIDENT



Bowen McDonald

VICTORIAN CO-VICE PRESIDENT



Orlando Lanciano

VICTORIAN CO-VICE PRESIDENT

## CONTACT

TONY LANCIANO ICN OCEANIA PRESIDENT

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MOBILE: 0402 555 505

LIKE OUR FACEBOOK ICN VICTORIA

FOLLOW US ON INSTAGRAM ICN\_VICTORIA

YOUTUBE CHANNEL -

ICN VIC | COMPETE NATURAL MUSCLE & MODEL VICTORIA

**DATE:**

**SUNDAY 28<sup>TH</sup> 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 24<sup>TH</sup> 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**



# COMPETITOR CHECKLIST

☐

ENTER ONLINE [ICOMPETENATURAL.COM](http://ICOMPETENATURAL.COM)

☐

BOOK YOUR MEDIA PACKAGES  
STAGE PHOTOS, BACKSTAGE STUDIO & HYPE REELS

☐

BOOK YOUR TAN, HAIR & MAKE UP



0403 692 448



0433 560 054

☐

ATTEND POSING WORKSHOPS  
NAT KITNEY 0481796695 & DONNA ATKINS 0473142701

☐

ORDER YOUR BIKINI FROM



0425707321

☐

TEETH WHITENING



0405160350



# 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**

# TICKET PURCHASES

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

**SUNDAY 28<sup>TH</sup> SEPTEMBER FROM 8.30AM**

**GENERAL ADMISSION \$49**

**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**

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

# TOP 5 MEDALS



# 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.

MS FIGURE OPEN

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

- You have never competed before in any federation.
- This is your first-ever contest.
- You may enter multiple divisions at your first contest.
- ⚠️ Note: First Timer does not mean first time in a division – if you have competed previously (in any federation), you cannot enter a First Timer division.

## Rookie

- Your first year competing in a specific division.
- If you enter a division between January 1 – June 30 (Season A), you remain a Rookie in that division until December 31 of the same year.
- If you enter after July 1 (Season B), you remain a Rookie in that division until June 30 of the following year.

## Age Groups

- Set by promoters and based on your age on the day of contest.
- Examples:
  - 30+ → 30 years & over
  - 40+ → 40 years & over
  - 50+ → 50 years & over
  - 23 → 23 & Under

## Novice

- You are eligible unless you have won (placed 1st) in an Open Division OR Overall within that specific division in any federation.

## Open

- The highest level of competition in any division.

## Overalls

- All class winners compete against each other.
- Determines the best of the best.



# CROSSOVER RULES

## MENS DIVISIONS

### **Men's Fitness**

- Can crossover into Men's Classic Physique.
- ICN Men's Fitness shorts are supplied free at registration.

### **Men's Physique**

- Can crossover into Men's Classic Physique.
- Must wear board shorts (not supplied) that sit just above the knees.

### **Men's Classic Physique**

- Can crossover into either Men's Physique, Men's Fitness OR Men's Bodybuilding (1 only).
- ICN Men's Classic Physique shorts are supplied free at registration.

### **Men's Bodybuilding**

- Can crossover into Men's Classic Physique only.

## FEMALE DIVISIONS

### **Ms. Fitness Model**

- Can crossover into Ms. Sports Model or Ms. Classic Figure.

### **Ms. Sports Model**

- Can crossover into Ms. Fitness Model or Ms. Classic Figure.
- ICN Sports Model outfit is supplied free at registration.

### **Ms. Bikini Model**

- Can crossover into Swimsuit.

### **Ms. Figure**

- Can crossover into Ms. Classic Figure.

### **Ms. Wellness**

- Can crossover into either Ms. Sports Model or Ms. Bikini Model

### **Ms. Runway & ICN Angels**

- Open to all female divisions.

# 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 AND EXCLUSIVE TAN, HAIR & MAKEUP PARTNERS

**THE ONLY 2 SERVICE PROVIDERS ALLOWED  
AT THE VENUE ON SHOW DAY**

**ALL SELF APPLICATIONS  
INCLUDING CREAMS ARE BANNED**

**TAN  
OUT OF  
TAN**

**0403 692 448**

**LSR**  
**LIQUID SUN RAYZ**

**0433 560 054**

**BOOK DIRECTLY TO SECURE YOUR SPOT!**

## ATTENTION ATHLETES AND COACHES!

ICN VICTORIA IS PROUD TO PARTNER WITH TWO OF THE LEADING TAN, HAIR & MAKEUP PROVIDERS IN AUSTRALIA AS PART OF OUR ONGOING COMMITMENT TO DELIVERING THE HIGHEST QUALITY EXPERIENCE FOR OUR ATHLETES.

BOOK DIRECTLY TO SECURE YOUR SPOT

🌟 LIQUID SUN RAYZ (LSR)

☎ 0433 560 054

🌟 TAN OUT OF TAN (TOOT)

☎ 0403 692 448

THESE ARE THE ONLY OFFICIAL AND APPROVED SERVICE PROVIDERS FOR ICN VICTORIA SHOWS.

THEY WILL HAVE EXCLUSIVE VENUE ACCESS, INCLUDING BACKSTAGE AREAS.

### STRICTLY PROHIBITED:

- ANY OTHER SERVICE PROVIDERS OFFERING TANNING, HAIR, OR MAKEUP ON-SITE
- SELF-APPLICATION OF TAN BACKSTAGE
- USE OF DREAM TAN OR SIMILAR TANNING CREAMS
- APPLICATION OF TAN, HAIR, OR MAKEUP THRU OUT THE VENUE

### ALLOWED TO BE APPLIED BY BACKSTAGE HELPER

- GLAZE
- OIL
- HOT STUFF

THESE POLICIES ARE IN PLACE TO PROTECT OUR VENUE AND ENSURE FAIR, CONSISTENT JUDGING OF YOUR HARD-EARNED PHYSIQUES ON STAGE.

WE THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION IN MAINTAINING THE PROFESSIONAL STANDARDS OF ICN VICTORIA.

# 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.

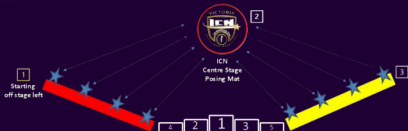
\* AFTER ALL HAVE COMPLETED THEIR CENTRE-STAGE POSES & HAVE RETURNED TO THEIR ORIGINAL POSITIONS.

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



# 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

**MENS BODYBUILDING**



**CLASSIC PHYSIQUE**



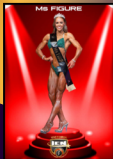
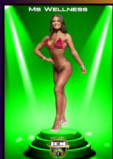
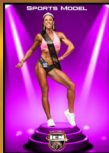
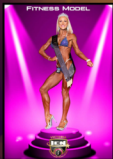
**MENS PHYSIQUE**



**MENS FITNESS**



# FEMALE 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.

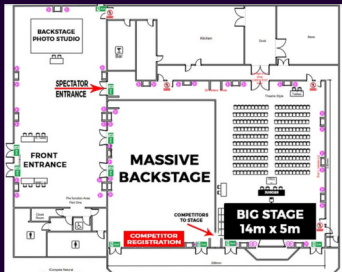
BRING YOUR OWN PUMP-UP ACCESSORIES IF NEEDED.

## 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



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





# MEDIA PACKAGES

CAPTURE THOSE SPECIAL MOMENTS & MEMORIES

STAGE PHOTOGRAPHY  
BY DARYL LANE

10 PROFESSIONALLY EDITED STAGE PHOTOS  
ONLY \$59 PER DIVISION

HYPER REELS WITH MUSIC  
BY DAN SNIPERSHOTS PHOTOGRAPHY

- \* 1 DIVISION FOR ONLY \$149
- \*2 DIVISIONS FOR ONLY \$249
- \*3 DIVISIONS FOR ONLY \$349
- \*4 DIVISIONS FOR ONLY \$399

BACKSTAGE PHOTOGRAPHY STUDIO  
BY WARWICK MARCAKIS

10 HIGH - RESOLUTION STUDIO STYLE IMAGES  
ONLY \$99

# 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)



# JUDGES

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



**C4 ENERGY**

**BULK NUTRIENTS**  
PURE SUPPLEMENTS

**PRANA ON**



# SX2025

## SOUTHERN CROSS CHAMPIONSHIPS

**SUNDAY 28<sup>TH</sup> SEPTEMBER**

QUALIFIER FOR AUSTRALIAN CHAMPIONSHIPS CANBERRA

**Mercure Convention Centre**

613 Main Rd, Golden Point - Ballarat

**\$49 HIGH SCHOOL \$25 U12 FREE**

Ticket Includes Backstage Access



**PRO  
QUALIFIER!**

[icompetenatural.com](http://icompetenatural.com)

**INTERNATIONAL  
PROTEIN**



**SOUL IV**

**NUTRITION  
WAREHOUSE**

**IVORY**

*Boutique Physique*

*61 Bikinis*

# EVENT PARTNERS

**C4 ENERGY**

**BULK NUTRIENTS**  
PURE SUPPLEMENTS

**PRANA ON**



Boutique Physique



**INTERNATIONAL  
PROTEIN**

*67 Bikinis*