



ICN
MUSCLE & MODEL
Winter Classic

SATURDAY 4TH JULY 2026

VICTORIA



Supps 247

**EXCLUSIVE
DEAL**

20% OFF
All Products

USE CODE:
ICN20

**VALID ONLINE & IN-STORE | NO MINIMUM
SPEND | UNLIMITED USE | CANNOT BE
COMBINED WITH OTHER DISCOUNTS**

**Stock up and save — thanks to
SUPPS247 for supporting
ICN athletes!**



PATRICIA LANCIANO

ICN FIRST LADY



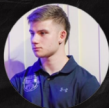
TONY LANCIANO

OCEANIA PRESIDENT



BOWEN McDONALD

VICTORIAN CO-VICE PRESIDENT



ORLANDO LANCIANO

VICTORIAN CO-VICE PRESIDENT

CONTACT

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MOBILE: 0402 555 505

LIKE OUR FACEBOOK ICN VICTORIA

FOLLOW US ON INSTAGRAM ICN_VICTORIA

DATE:

SATURDAY 4TH JULY 2026

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 1ST JULY

PAYMENT:

PAY ONLINE VIA ICOMPETE OR

AT CHECK-IN ON THE WEEKEND (CASH ONLY)

VENUE:

CRC 380 SYDENHAM RD, SYDENHAM VIC

PROMOTER:

TONY LANCIANO 0402 555 505



HOW TO REGISTER

in 3 easy steps

Head to icompetenatural.com

Register and create a profile.

Upgrade to Premium

This is your official ICN membership that will make you eligible to compete at any ICN event worldwide.

Select Muscle & Model Winter Classic and add your Divisions

with the opportunity to crossover into different categories (subject to eligibility rules).

Note: No immediate payment required.

JULY 4, 2026

**CRC SYDENHAM
380 SYDENHAM RD SYDENHAM**





COMPETITOR CHECKLIST



- ENTER ONLINE ICOMPETENATURAL.COM
- BOOK YOUR MEDIA PACKAGES
STAGE PHOTOS, BACKSTAGE STUDIO & HYPE REELS
- BOOK YOUR TAN, HAIR & MAKE UP



0493 720 409

- ATTEND POSING WORKSHOPS
NAT KITNEY 0481 796 695 & DONNA ATKINS 0473 142 701
- ORDER YOUR BIKINI FROM *67 Bikinis* 0425 707 321
- ORDER YOUR SWIMSUIT FROM *koko AUSTRALIA* 0421 911 851

- ICN VICTORIA SUPPLY **FREE** CLASSIC PHYSIQUE TRUNKS,
MENS FITNESS SHORTS & SPORTSMODEL OUTFIT

icompetenatural.com

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.

*QUALIFIER FOR AUSTRALIAN CHAMPIONSHIPS,

CANBERRA ACT

TICKET PURCHASES

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

SUNDAY 9TH MAY FROM 8.30AM

GENERAL ADMISSION \$49

HIGH SCHOOL \$29. 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

FEMALES MEDALS



MENS MEDALS



PRO QUALIFIER CARD

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 ORDER

RUNNING PROGRAM WITH STAGE TIMES WILL BE UPDATED ONCE ENTRIES CLOSE.

10AM START

- MS FIGURE**
- MEN'S BODYBUILDING**
- MS WELLNESS**

- BIKINI MODEL**
- MEN'S CLASSIC PHYSIQUE**
- FITNESS MODEL**

- MEN'S PHYSIQUE**
- SWIMSUIT MODEL**

- SPORTS MODEL**
- MEN'S FITNESS**

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

Only Open Division winners within each category are eligible to compete for the Overall Title – where the best of the best go head-to-head. Only



CROSSOVER RULES

FITNESS
PHYSIQUE
CLASSIC PHYSIQUE
BODYBUILDING

	FITNESS	PHYSIQUE	CLASSIC PHYSIQUE	BODYBUILDING
FITNESS	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		
PHYSIQUE	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	
CLASSIC PHYSIQUE	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER
BODYBUILDING			APPROVED ICN CROSSOVER	

SWIMSUIT MODEL
BIKINI MODEL
WELLNESS MODEL
SPORTS MODEL
FITNESS MODEL
CLASSIC FIGURE
FIGURE

	SWIMSUIT MODEL	BIKINI MODEL	WELLNESS MODEL	SPORTS MODEL	FITNESS MODEL	CLASSIC FIGURE	FIGURE
SWIMSUIT MODEL		APPROVED ICN CROSSOVER					
BIKINI MODEL	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER				
WELLNESS MODEL		APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER			
SPORTS MODEL			APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER
FITNESS MODEL				APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER
CLASSIC FIGURE				APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER
FIGURE				APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	

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 PARTNER

THE ONLY SERVICE PROVIDERS ALLOWED
AT THE VENUE ON SHOW DAY

ALL SELF APPLICATIONS
INCLUDING CREAMS ARE BANNED



0493 720 409

BOOK DIRECTLY TO SECURE YOUR SPOT!

ATTENTION ATHLETES AND COACHES!

ICN VICTORIA IS PROUD TO PARTNER WITH 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

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.



MEDIA PACKAGES

BOOK YOUR
STAGE PHOTOS & REELS

icn.fitfam.com.au



CENTRE STAGE WALK FOR ALL DIVISIONS



ENSURING EVERY ATHLETE GETS MORE TIME & EQUAL SPOTLIGHT.

1 STAGE ENTRY (STAGE LEFT)

All athletes enter stage together & asked to line up on the back line (Red or Yellow Line).

2 INDIVIDUAL PRESENTATION

Each athlete is introduced, walks forward to the Centre Stage ICN Posing Mat, striking one front pose only.

3 RETURN TO POSITION

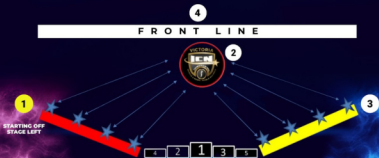
Athletes walk back to their Starting Position on the back line.

*After all have completed their Centre-Stage poses and have returned to their original positions.

4 FRONT WHITE LINE WALK

All athletes will be asked to walk together to the Front White Line maintaining the same order.

5 FORMAL JUDGING BEGINS.



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

OPEN WINNER WILL BE CROWNED OVERALL CHAMPION & WILL RECEIVE
THE ICN VICTORIAN OVERALL CHAMPION TROPHY WITH THEIR SPECIFIC DIVISION.



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



**BIKINI MODEL BEST POSER AWARD
WILL BE AWARDED BY VICTORIAN HEAD JUDGE**

Best Poser Award



**CLASSIC PHYSIQUE BEST POSER
WILL BE AWARD BY AUSTRALIAN HEAD JUDGE**



CLASSIC PHYSIQUE BEST POSER AWARD



MENS DIVISIONS

MENS BODYBUILDING



CLASSIC PHYSIQUE



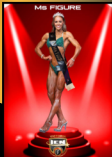
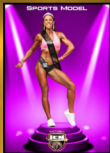
MENS PHYSIQUE



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

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

ICN 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.

ICN 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.

JUDGING PANEL



Australian Head Judge
Andrew



Victorian Head Judge
Jessica



Victorian Judge
Justine



Victorian Judge
Adrain



Victorian Judge
Doreen



Victorian Judge
Luke



Victorian Judge
Scott



Victorian Judge
Wayne



Victorian Judge
Alex