



**SX2026**  
**SOUTHERN CROSS CHAMPIONSHIPS**

**SUNDAY**  
**27<sup>TH</sup> SEPTEMBER**  
**2026**

**BULK NUTRIENTS**  
PURE SUPPLEMENTS

**C4 ENERGY**

**PRANA** 



# SX2026

## SOUTHERN CROSS CHAMPIONSHIPS

**10AM SUNDAY**  
**27<sup>TH</sup> SEPTEMBER 2026**

**Mercure Convention Centre**

613 Main Rd, Golden Point - Ballarat

**\$49 HIGH SCHOOL \$29 U12 FREE**

Ticket Includes Backstage Access

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



**PRO**  
**QUALIFIER!**

**IVORY**

**koko**  
AUSTRALIA

**INTERNATIONAL**  
**PROTEIN**

**LSR**  
LIQUID SUN RAYZ

*67 Bikinis*

 **SOUL IV**



PATRICIA LANCIANO

ICN FIRST LADY



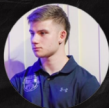
TONY LANCIANO

OCEANIA PRESIDENT



BOWEN McDONALD

VICTORIAN CO-VICE PRESIDENT



ORLANDO LANCIANO

VICTORIAN CO-VICE PRESIDENT

## CONTACT

**TONY LANCIANO ICN OCEANIA PRESIDENT**  
**TONY.LANCIANO@ICOMPETENATURAL.COM**

**MOBILE: 0402 555 505**

**LIKE OUR FACEBOOK ICN VICTORIA**

**FOLLOW US ON INSTAGRAM ICN\_VICTORIA**

**DATE:**

**SUNDAY 27<sup>TH</sup> SEPTEMBER 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 16<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**



# HOW TO REGISTER

**in 3 easy steps**

**Head to [icompetenatural.com](http://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.

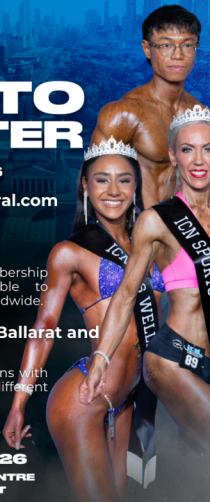
**Select Southern Cross Ballarat and add your Divisions**

You can select up to 8 Divisions with the ability to crossover into different categories (rules permitting).

Note: No immediate payment required.

**SEPTEMBER 27, 2026**

**MERCURE CONVENTION CENTRE  
613 MAIN RD, GOLDEN POINT**





# 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



**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](http://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.
- FREE CAR PARKING
  
- QUALIFIER FOR AUSTRALIAN CHAMPIONSHIPS

CANBERRA 17/18 OCTOBER 2026

# TICKET PURCHASES

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

SUNDAY 27TH SEPTEMBER 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

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## PLEASE NOTE

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

# TOP 5 MEDALS



# **RUNNING ORDER**

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

## **SHOW 1**

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

## **SHOW 2**

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

## **SHOW 3**

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

## **SHOW 4**

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

# 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.





# 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

FITNESS
PHYSIQUE
CLASSIC PHYSIQUE
BODYBUILDING

	FITNESS	PHYSIQUE	CLASSIC PHYSIQUE	BODYBUILDING
FITNESS	APPROVED ICN LICENSEE	APPROVED ICN LICENSEE		
PHYSIQUE	APPROVED ICN LICENSEE		APPROVED ICN LICENSEE	
CLASSIC PHYSIQUE	APPROVED ICN LICENSEE	APPROVED ICN LICENSEE		APPROVED ICN LICENSEE
BODYBUILDING			APPROVED ICN LICENSEE	

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 LICENSEE					
BIKINI MODEL	APPROVED ICN LICENSEE		APPROVED ICN LICENSEE				
WELLNESS MODEL		APPROVED ICN LICENSEE		APPROVED ICN LICENSEE			
SPORTS MODEL			APPROVED ICN LICENSEE		APPROVED ICN LICENSEE	APPROVED ICN LICENSEE	APPROVED ICN LICENSEE
FITNESS MODEL				APPROVED ICN LICENSEE		APPROVED ICN LICENSEE	APPROVED ICN LICENSEE
CLASSIC FIGURE				APPROVED ICN LICENSEE	APPROVED ICN LICENSEE		APPROVED ICN LICENSEE
FIGURE				APPROVED ICN LICENSEE	APPROVED ICN LICENSEE	APPROVED ICN LICENSEE	

# 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)**

**0493 720 409**

**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](http://icn.fitfam.com.au)

# 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

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



# MENS DIVISIONS

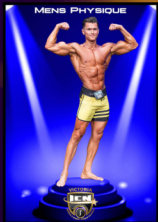
MENS BODYBUILDING



CLASSIC PHYSIQUE



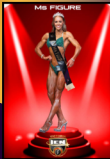
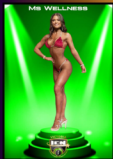
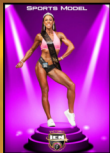
MENS PHYSIQUE



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.

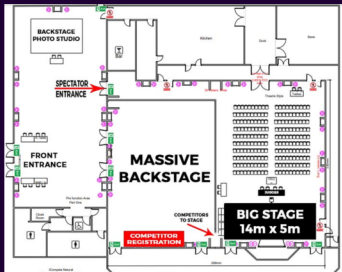
BRING YOUR OWN PUMP-UP ACCESSORIES IF NEEDED.

## 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

# VENUE

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



# 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

# 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**

