



**PRO
QUALIFIER!**



SX2026

SOUTHERN CROSS CHAMPIONSHIPS

**SUNDAY
27TH SEPTEMBER
2026**

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

icompetenatural.com



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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LIKE OUR FACEBOOK PAGE ICN VICTORIA

 @icmpetenaturalvictoria

FOLLOW US ON INSTAGRAM

 @icn_victoria

DATE:

SUNDAY 27TH SEPTEMBER 2026

CONTEST TIME

10 AM START

ONLINE ENTRY

ICOMPETENATURAL.COM

CLICK EVENTS THEN ENTER NEW EVENT

ENTRY FEE:

\$250 FIRST DIVISION ENTRY

ADDITIONAL ENTRIES ARE \$100 EACH.

ENTRIES CLOSE

MIDNIGHT WEDNESDAY 16TH SEPTEMBER

PAYMENT

CHECK-IN (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

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 Event and add your Divisions

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

If you can't see your division, please contact us and we'll be happy to add it for you.

Note: No immediate payment required.





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

TICKET PURCHASES

TICKETS ARE ONLY AVAILABLE ON THE CONTEST DAY ITSELF AT THE DOOR, SATURDAY 4TH JULY FROM 8:30 AM

**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



RUNNING ORDER

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

10 AM START

CATEGORIES ALTERNATING

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

CATEGORIES ALTERNATING

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

CATEGORIES ALTERNATING

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

PRO QUALIFIER CARD

THE OVERALL WINNER WILL BE AWARDED A PRO QUALIFIER 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

- 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.

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.

Mia Yoko
#111

9.00 Ms Figure
10.00 Classic Figure
2.10 SportsModel Open
4.40 Angels

CASH PAYMENTS ONLY

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 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.



FITFAM MEDIA PACKAGES

**BOOK YOUR
STAGE PHOTOS & REELS**

icn.fitfam.com.au



BACKSTAGE STUDIO WITH WARWICK
BOOK @icompetenatural.com



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

MEN'S 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.



BODYBUILDING



CLASSIC PHYSIQUE



MENS PHYSIQUE



MENS FITNESS



SWIMSUIT



BIKINI MODEL



WELLNESS



FITNESS MODEL



SPORTS MODEL



Ms FIGURE



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.

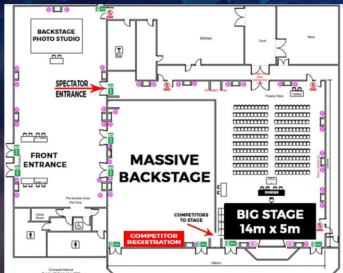
Bring your own pump-up accessories if needed.

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!



BIKINI MODEL BEST POSER

will be awarded by Victorian Head Judge.



CLASSIC PHYSIQUE BEST POSER

will be awarded by Australian Head Judge.



CLASSIC PHYSIQUE BEST POSING AWARD

