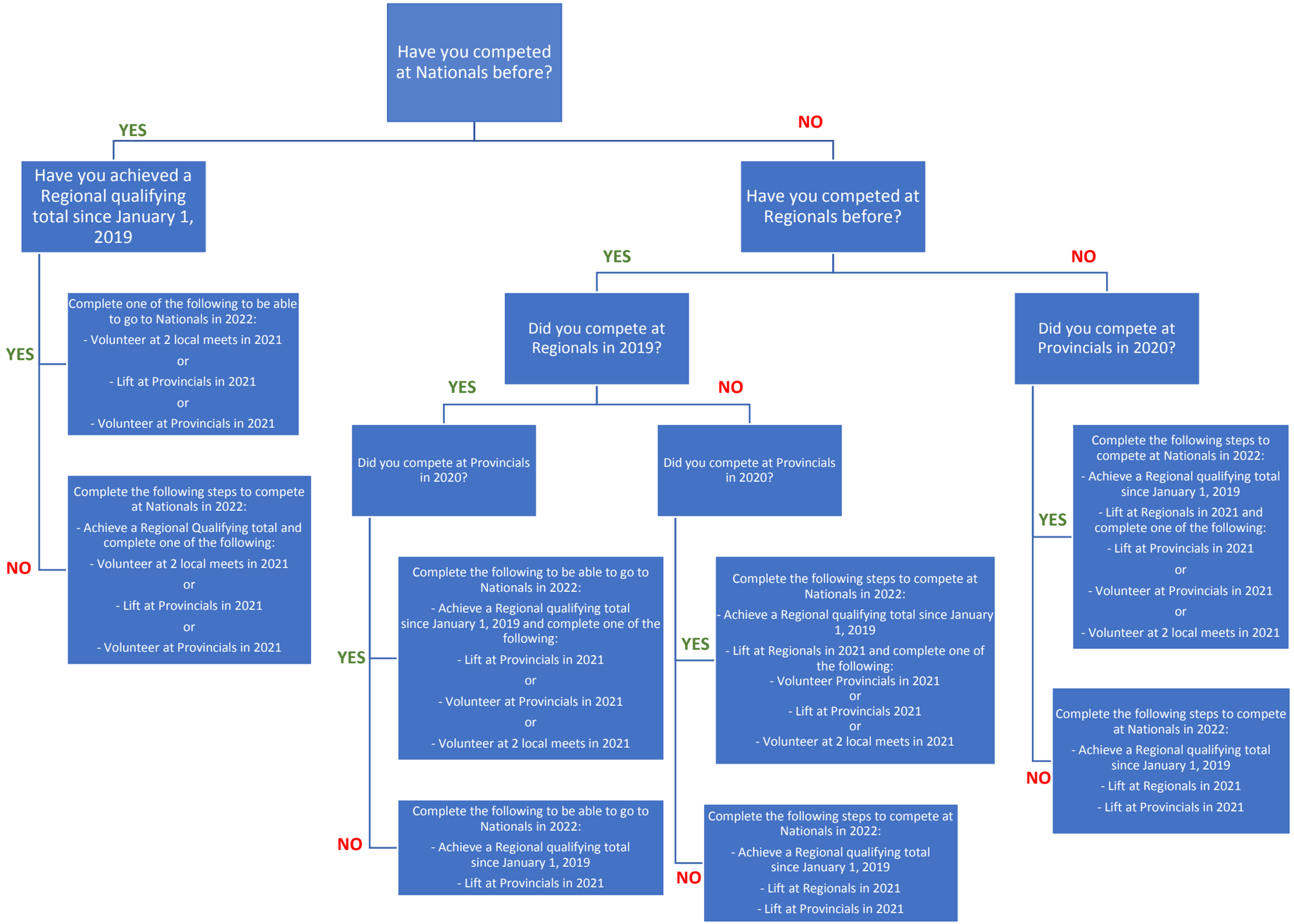
Have you competed at Nationals before?
YES
NO
Have you achieved a Regional qualifying total since January 1, 2019
YES
Complete one of the following to be able to go to Nationals in 2022:
- Volunteer at 2 local meets in 2021
or
- Lift at Provincials in 2021
or
- Volunteer at Provincials in 2021
NO
Complete the following steps to compete at Nationals in 2022:
- Achieve a Regional Qualifying total and complete one of the following:
- Volunteer at 2 local meets in 2021
or
- Lift at Provincials in 2021
or
- Volunteer at Provincials in 2021
Have you competed at Regionals before?
YES
NO
Did you compete at Regionals in 2019?
YES
NO
Did you compete at Provincials in 2020?
YES
Complete the following to be able to go to Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019 and complete one of the following:
- Lift at Provincials in 2021
or
- Volunteer at Provincials in 2021
or
- Volunteer at 2 local meets in 2021
NO
Complete the following to be able to go to Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019
- Lift at Provincials in 2021
Did you compete at Provincials in 2020?
YES
Complete the following steps to compete at Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019
- Lift at Regionals in 2021 and complete one of the following:
- Volunteer Provincials in 2021
or
- Lift at Provincials 2021
or
- Volunteer at 2 local meets in 2021
NO
Complete the following steps to compete at Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019
- Lift at Regionals in 2021
- Lift at Provincials in 2021
Did you compete at Provincials in 2020?
YES
Complete the following steps to compete at Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019
- Lift at Regionals in 2021 and complete one of the following:
- Lift at Provincials in 2021
or
- Volunteer at Provincials in 2021
or
- Volunteer at 2 local meets in 2021
NO
Complete the following steps to compete at Nationals in 2022:
- Achieve a Regional qualifying total since January 1, 2019
- Lift at Regionals in 2021
- Lift at Provincials in 2021