



2025 East SUB Regional (Northeast area) Bowling Competition



Sunday - October 26, 2025

VENUE LOCATION



Lilac Lanes
1112 E. Magnesium
Spokane, WA.
- 32 lanes -

GENERAL INFORMATION

NO HOUSING or LUNCHES are being provided. Food for purchase will be available at venue.

NO food or drink is allowed in or around the bowling lane areas.

NO "Day of" coach meeting. Pick up **TEAM PACKET** at Information Table when you arrive.

COACH: Required **BOWLING coach meeting** on **October 15th @ 5:30pm.**

Go to

EAST REGION WEBPAGE for registration link!

Two games are played using **HANDICAP** scoring formula:

Example: (based on 200)

Average for an athlete is 95, so handicap is 105.
Another athlete's average is 130, so handicap is 70.
Handicap is added to final score for each of the two games.

SOWA merchandise will be available for purchase.

VOLUNTEERS NEEDED

HELP US RECRUIT: Send interested to **LINK** found on **EAST REGION Webpage!**

SCHEDULE

Shift 1 Teams: **TBD**

8:00 AM Team Check-In Begins

8:15 AM Lanes open for warm up

8:30 AM Competition begins - ALL EVENTS

Shift 2 Teams: **TBD**

11:00 AM Team Check-In Begins

11:15 AM Lanes open for warm up

11:30 AM Competition begins - ALL EVENTS

Shift 3 Teams: **TBD**

2:00 PM Team Check-In Begins

2:15 PM Lanes open for warm up

2:30 PM Competition begins - ALL EVENTS

5:00PM Approx. Competition Completed

AWARDS and ADVANCEMENT



Coach will pick up AWARDS at the results table after the shift is completed. Team can decide when and where to distribute.

Results will be announced over the PA system.

ADVANCEMENT: This is a qualifying event for the **EAST REGION BOWLING REGIONAL** in the **Tri Cities on Sunday, November 9th.** (only **GOLD** medalists will advance)

NOTE: The number of gold medals offered at this sub regional is determined by the participation in our additional sub regionals hosted throughout the **EAST REGION.**

BOWLING RULES

Need clarification on rules, modifications...or simply need to "brush up" on things? Go to our **EAST REGION Webpage** to find rules manual and our condensed "short rules".

EAST REGION Contact Information

Program Manager: Tim Toon - ttoon@sowa.org (credential and transportation related)

Competition Manager: Grant Opland - gopland@sowa.org (competition related) **East Region**

Webpage: <https://specialolympicswashington.org/east-region-sports/>