



# 2025 East Regional (ALL areas) Bowling Regional Competition



Sunday - November 9, 2025

## VENUE LOCATION



### Spare Time Lanes

711 W. Vineyard Dr.  
Kennewick, WA.  
- 24 lanes -

#### GENERAL INFORMATION

##### LUNCH:

A **SNACK BOX** will be provided. Before the competition teams will be given an option to pre purchase additional food. Food can also be purchased during the competition at the venue cafeteria.

**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 29th @ 5:30pm.**

Go to **EAST REGION WEBPAGE** for registration link!

#### COMPETITION STYLE

**Two games** played using **HANDICAP** style of competition.

**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.

## SCHEDULE

**10:00 AM** Team Check-In Begins

**10:15 AM** Lanes open for warm up

**10:30 AM** Singles Competition (including ramp)

**1:00 PM** Lanes open for warm up

**1:15 PM TEAMS** - Double and Quad Competition

**4:30 PM (approximate)** Competition Completed

## AWARDS



**AWARDS** are presented near the bowling lane participant is competing on as **division results** are processed and confirmed.

## 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".

## VOLUNTEERS NEEDED

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

**SOWA merchandise** will be available for purchase.

## EAST REGION Contact Information

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

**Competition Manager:** Grant Opland - [gopland@sowa.org](mailto:gopland@sowa.org) (competition related)

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