




2025 Capitol/Pierce 22+ Sub-Regional Bowling Competition

 Saturday & Sunday - October 25 & 26, 2025

VENUE LOCATION



Paradise Lanes

12505 Pacific Ave S
Tacoma, WA
- 32 lanes -

GENERAL INFORMATION

NO 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" COACHES meeting. Pick up TEAM PACKET at Information Table when you arrive.

Attend required zoom **BOWLING coaches meeting** on **September 23rd @ 6pm**

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.

SOWA merchandise - including t-shirts will be available for purchase & now available Online!
<https://sowawear.itemorder.com/shop/home/>

General Schedule

9:45 AM Team Check-In Begins (Both Days)
10:30 AM Volunteer Training (Both Days)
10:50 AM Lanes open for warm up
11:00 AM 22+ Doubles Competition
1:20 PM Lanes open for warm up
1:30 PM 22+ Team Competition
Approx 3:30PM Conclusion of Competition
10:50 AM Lanes open for warm up
11:00 AM 22+ Singles & Unassisted Ramp
1:20 PM Lanes open for warm up
1:30 PM 22+ Assisted Ramp Competition
Approx 4:00PM Conclusion of Competition

AWARDS and Regional Advancement



Presented as results are processed and confirmed near the bowling lane participant competed on.

NOTE: This is a Southwest Regional qualifying event. **Gold medalists** will be advancing to the Southwest Regional Competition on November 9th at All Star Lanes & Casino.

BOWLING RULES

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

VOLUNTEERS NEEDED

Send interested to:

<https://specialolympicswashington.org/event-volunteers/>

SOUTHWEST REGION Contact Information

Administrative Coordinator: Phaedra Hansen - phansen@sowa.org (Registration/ Credentials)
Program Manager: Cheyenne Terry - cterry@sowa.org (Transportation/ Budget/ Program Support)
Operations and Competition Manager: Nicole McAllister - nmcallister@sowa.org (Competition/ Sport Related)