

2026 Southwest Regional Bowling Competition



 Sunday - November 15, 2026

VENUE LOCATION



All Star Lanes & Casino

10710 Silverdale Way NW
Silverdale WA
- 40 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 virtual **BOWLING coaches meeting** on October 14th via zoom.

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 and now available Online!

<https://sowa.deco-apparel.com/>

GENERAL SCHEDULE

8:00 AM Team Check-In Begins
8:30 AM Volunteer Training
8:50 AM Lanes open for warm up
9:00 AM Team/ Unified Team Competition
11:20 AM Lanes open for warm up
11:30 AM Doubles / Unified Doubles
1:50 PM Lanes open for warm up
2:00 PM Singles & Ramp Competition
Approx 4:00PM Conclusion of Competition

AWARDS



Congratulations for making it to Regionals!

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

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)