



2026 Columbia River Sub-Regional Bowling Competition

 Sunday - October 18, 2026

VENUE LOCATION



Triangle Bowl

700 Triangle Shopping Center
Longview, 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 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 & 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 Traditional Team/ Traditional Doubles Competition
11:20 AM Lanes open for warm up
11:30 AM Unified Teams /Unified Doubles / Assisted Ramp
1:50 PM Lanes open for warm up
2:00 PM Singles & Unassisted 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 15th 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)