

South King County Bowling Sub-Regional Competition

Secoma Lanes, Federal Way – Shift Schedule

Sunday, October 18, 2026

Volunteer Training #1: 8:30AM

Volunteer Training #1: 11:00AM

Volunteer Training #1: 1:30PM

Team Check In: 8:45AM

Opening Ceremonies: 9:50AM



Please turn in scratches BEFORE competition begins.

1st Shift

Warm ups: 8:50AM

Competition Begins: 9:00AM

All awards will be presented on the lanes

Events	Divisions	Lanes
Assisted Ramp Competition		
Unassisted Ramp Competition		
Female Singles Competition		

2nd Shift

Warm ups: 11:20AM

Competition Begins: 11:30AM

All awards will be presented on the lanes

Events	Divisions	Lanes
Male Singles Competition		
Unified Doubles Competition		
Traditional Doubles Competition		

3rd Shift

Warm ups: 1:50PM

Competition Begins: 2:00PM

All awards will be presented on the lanes

Events	Divisions	Lanes
Traditional Team Competition		
Unified Team Competition		

