



2026 South Cascade Sub-Regional Bowling Competition

 **Saturday - October 17, 2026**

VENUE LOCATION



Bowlero

1222 164th St SW.
Lynnwood, WA
- 35 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 7th 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

9:45 AM Team Check-In Begins
10:30 AM Volunteer Training
10:50 AM Lanes open for warm up
11:00 AM Singles Competition (including ramp)
1:20 PM Lanes open for warm up
1:30 PM Doubles/ Team / Unified Competition
Approx 3:30PM 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 Northwest Regional qualifying event. **Gold medalists** will be advancing to the Northwest Regional Competition on November 14th at Kenmore Lanes.

BOWLING RULES

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

VOLUNTEERS NEEDED

Send interested to:

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

NORTHWEST REGION Contact Information

Administrative Coordinator: Phaedra Hansen - phansen@sowa.org (Registration/ Credentials)

Program Manager: Chad VanderPoel- cvanderpoel@sowa.org (Transportation/ Budget/ Program Support)

Operations and Competition Manager: Nicole McAllister - nmcallister@sowa.org (Competition/ Sport Related)

Unified Champion Schools Manager NW: Emily Carter - ecarter@sowa.org (Unified Schools)