



SPECIAL OLYMPICS WASHINGTON SPORTS PROGRAM
2026 East Region SUB-REGIONAL
(Basin and North Central areas)
Bowling Competition



Sunday - October 11, 2026

VENUE LOCATION



Lake Bowl
1165 N. Stratford Rd.
Moses Lake, WA
- 20 lanes -

GENERAL INFORMATION

NO HOUSING or 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" coach meeting. Pick up **TEAM PACKET** at the Information Table when you arrive.

COACH: Required **BOWLING coach meeting** on **September 30th @ 6:30pm.**
Go to **EAST REGION**
WEBPAGE for registration link!

COMPETITION STYLE

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
Available for purchase.

SCHEDULE

9:00AM Team Check-In Begins
9:30AM Lanes open for warm up
9:45AM Singles Competition (including ramp)
12:45PM Lanes open for warm up
1:00PM Doubles and Quad Competition
4:00PM (approximate) Competition Completed

AWARDS and ADVANCEMENT



AWARDS are presented near the bowling lane participant is competing on as **division results** are processed and confirmed.

ADVANCEMENT: This is a qualifying event for the **EAST REGION BOWLING REGIONAL** in the **Tri Cities on Sunday, November 8th.**
(only **GOLD** medalists qualify for regional)

NOTE: The number of gold medals offered at this sub regional is determined by the participation in our additional sub regionals hosted throughout the **EAST REGION.**

BOWLING RULES

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

VOLUNTEERS NEEDED

Register at:

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

EAST REGION Contact Information

Program Manager: Tim Toon - ttoon@sowa.org (credential and transportation related)
Competition Manager: Grant Opland - gopland@sowa.org (competition related)
East Region Webpage: <https://specialolympicswashington.org/east-region-sports/>