SPECIAL OLYMPICS WASHINGTON SPORTS PROGRAM

2026 East SUB Regional

(Northeast area)

Bowling Competition

Saturday - October 24, 2026

VENUE LOCATION

Lilac Lanes

1112 E. Magnesium
Spokane, WA.
- 32 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 Information Table when you arrive.

COACH: Required **BOWLING coach meeting** on **October 14th @ 5:30pm**.
Go to **EAST REGION WEBPAGE** for registration link!

COMPETITION FORMAT

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 will be available for purchase.

VOLUNTEERS NEEDED

Register at:

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

SCHEDULE

Shift 1: **Cheney HS / Rogers HS / West Plains Eagles / WSU / Spokane Valley Tigers**
8:30AM Team Check-In Begins
9:00AM Lanes open for warm up
9:15AM Competition begins - ALL EVENTS

Shift 2: **Lilac City Warriors / Panorama Spokane Pacers / Riverside Country Strong**
12:00PM Team Check-In Begins
12:30PM Lanes open for warm up
12:45PM Competition begins - ALL EVENTS

4:00PM Approximate Competition End

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".

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/