SPECIAL OLYMPICS WASHINGTON SPORTS PROGRAM

# 2026 East SUB Regional (Northeast Area) Bowling Competition

## Sunday - October 25, 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 3:** Spokane Wildfire / Spokane Wolfpack / Lakeland Village
**8:30AM** Team Check-In Begins
**9:00AM** Lanes open for warm up
**9:15AM** Competition begins - Singles and Ramp
**(Teams arrive no later than 10:15am)**

**1:00PM** Approximate Competition End

### AWARDS and ADVANCEMENT

**AWARDS** announced over PA system. Coach picks up Award Box after competition.

**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/