SPECIAL OLYMPICS WASHINGTON SPORTS PROGRAM

2026 East Regional
(ALL areas)
Bowling Regional Competition

Sunday - November 8, 2026

VENUE LOCATION

Spare Time Lanes

711 W. Vineyard Dr., Kennewick
24 lanes

GENERAL INFORMATION

LUNCH:
A **LIGHT LUNCH** will be provided - A slice of pizza and a bottle of water. Teams are encouraged to make arrangements for additional food. NOTE: Food can also be purchased during the competition at the venue cafeteria.

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 28th @ 5:30pm**.
Go to **EAST REGION WEBPAGE** for registration link!

COMPETITION STYLE

Two games played using **HANDICAP** style scoring formula.

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.**

SCHEDULE

9:45 AM Team Check-In Begins
10:15 AM Lanes open for warm up
10:30 AM Singles Competition (including ramp)
1:00 PM Lanes open for warm up
1:15 PM TEAMS - Double and Quad Competition
4:30 PM (approximate) Competition Completed

AWARDS

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

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

HELP US RECRUIT: Send interested to LINK found on EAST REGION Webpage!

SOWA merchandise

will be available for purchase - INCLUDES NEW ITEMS.

NO FALL STATE GAMES

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/