



2024 Westside Flag Football

COMPETITION OVERVIEW



Sunday
September
15, 2024



Puyallup
Valley Sports
Complex



808 Valley Avenue
NW
Puyallup, WA
98371



GENERAL SCHEDULE

Team Check-in: 8:00 AM

Coaches Meeting: 8:30 AM

Flag Football Competition 9 AM - 4 PM

Individual Skills Competition: 11 AM - 1PM



*Awards will be
presented
throughout
the day*




*More information
will be provided as
we get closer to
the competition.*



2024 Northwest & Southwest Regional Flag Football Competition



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FIELD LOCATION



**Puyallup Valley Sports
Complex**
808 Valley Avenue NW
Puyallup, WA 98371

PRIOR TO EVENT

Prepare for fall weather.

*Please bring your own
tents & chairs for
seating.*

*Be sure to stop by and
purchase any SOWA
Merchandise!*

SCHEDULE OF EVENTS

8:00 AM Check - in Begins

8:30 AM Coaches Meeting on Field 1

8:30 AM Volunteer Meeting Activities Tent

8:30 AM Officials Meeting

8:30 AM Merchandise is Open for Business

9:00 AM First Games Kick Off

11:00 AM Individual Skills Competition

12 PM - 1 PM Lunch Pick-Up (Check-in)

1:00 PM Individual Skills Awards

4:30 PM Conclusion of Competition (Tentative)



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Event Staff

SOWA staff will be located at the Results Table and via radio

COMPETITION

Competition is between 9:00 am - 4:30pm.

This competition will be a double elimination style bracketed competition.

If this changes either Alex or Nicole will inform the head coach.

FIRST AID

Please report all injuries and fill out an accident/incident form.

Please remember to bring all Athlete Registration Form's with you.

EVENT INFORMATION

Keep in mind that this is to be a fun and competitive event. Sportsmanship is expected from all coaches, parents and participants.

AWARDS

Will be presented throughout the day as divisions finish.

Individual Skills awards will be at 1pm

