



# 2024 North Cascade Sub-Regional Bowling Competition

 Sunday - September 22, 2024

## VENUE LOCATION



### Park Bowl

4175 Meridian St.  
Bellingham, WA  
- 24 lanes -

## GENERAL INFORMATION

**NO 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" COACHES meeting.** Pick up TEAM PACKET at Information Table when you arrive.

Attend required zoom **BOWLING coach meeting** on **September 17th @ 6:00pm.**

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**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** - including t-shirts will be available for purchase.

## GENERAL SCHEDULE

**9:00 AM** Team Check-In Begins

**9:30 AM** Volunteer Training

**9:50 AM** Lanes open for warm up

**10:00 AM** Female Singles Competition (including ramp)

**12:20 PM** Lanes open for warm up

**12:30 PM** Male Singles Competition

**Approx 2:00PM** Conclusion of Competition

## AWARDS and State Advancement



Presented as results are processed and confirmed near the bowling lane participant competed on.

**NOTE:** This is a Northwest Regional qualifying event. **Gold medalists** will be advancing to the Northwest Regional Competition on October 12th at Kenmore Lanes.

## BOWLING RULES

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

## VOLUNTEERS NEEDED

Send interested to:

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

## NORTHWEST REGION Contact Information

**Administrative Coordinator:** Phaedra Hansen phansen@sowa.org (Registration/ Credentials)

**Program Manager:** Chad VanderPoel- cvanderpoel@sowa.org (Transportation/ Budget/ Program Support)

**Operations and Competition Manager:** Nicole Becker - nbecker@sowa.org (Competition/ Sport Related)

**Unified Champion Schools Manager NW:** Emily Carter - ecarter@sowa.org (Unified Schools)