



# 2024 East SUB Regional (Northeast area) Bowling Competition



Sunday - October 20, 2024

## 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 **September 12th @ 5:30pm.**  
Go to **EAST REGION**  
**WEBPAGE** for registration link!

**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:** **Spokane Pacers / Spokane Valley Tigers / Spokane Wolfpack 1**

**8:00 AM** Team Check-In Begins

**8:15 AM** Lanes open for warm up

**8:30 AM** Competition begins - ALL EVENTS

**Shift 2:** **Cheney H.S. / Chewelah Bigfoot / Panorama Land Wolves / Spokane Valley Wildfire / Spokane Wolfpack 2**

**11:00 AM** Team Check-In Begins

**11:15 AM** Lanes open for warm up

**11:30 AM** Competition begins - ALL EVENTS

**Shift 3:** **Riverside Country Strong / Lakeland Village / Lilac City Warriors / West Plains Eagles / WSU Unified**

**2:00 PM** Team Check-In Begins

**2:15 PM** Lanes open for warm up

**2:30 PM** Competition begins - ALL EVENTS

### AWARDS and ADVANCEMENT



**AWARDS** are presented 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 3rd.**

(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](mailto:ttoon@sowa.org) (credential and transportation related)

**Competition Manager:** Grant Opland - [gopland@sowa.org](mailto:gopland@sowa.org) (competition related) **East Region**

**Webpage:** <https://specialolympicswashington.org/east-region-sports/>