

Capital District Region

Regional Bowling Competition

Singles and Ramp Singles

**Sunday November 5th, 2023**

**LOCATION:** Saratoga Strike Zone

32 Ballston Ave

Saratoga Springs, NY 12866

**REGISTRATION:** This event offers competition for athletes that have been training in Bowling.

**In order to register for this event, each training club MUST have a current roster on file with the Regional Office. Please contact ekromer@nyso.org or *(518) 388-0790 ext 8131* if you need to update your roster.**

**Registration forms for athletes and coaches should be submitted no later than** **Friday October 13th, 2023** to Erik Kromer by ***fax at (518) 612-4060*** or ***email at*** ***ekromer@nyso.org***. All registered athletes must have a current medical and consent and all registered coaches must be up to date and certified Special Olympics Coaches.

**AREAS/REGIONS:** Capital District and North Country Training Clubs are invited to participate.

**AWARDS:** Athletes will be awarded medals or ribbons, depending upon place.

**DIRECTIONS:** Take I-87 to Exit 13N. Continue north on Route US-9 for 7 miles. Turn left onto Lincoln Ave, then right to Saratoga Strike Zone on your right. Entrance and parking lot facing Ballston Ave.

**EVENT SCHEDULE**

*(Subject to change)*

a Sunday 10:15am bowling start, so staff arrival at 830, a 9-930 athlete registration, 950 Opening ceremony, 10:05 warmup

9-9:30 am Athlete Registration

 Volunteer Registration

 9:35 am Coaches Meeting

9:50 am Opening Ceremonies

 10:05 am Athlete Warmups

10:15 am- 1:00 pm Competition

 Awards at conclusion of Event

 **Food will not be provided** **at this event**