

<p style="text-align: center;"><b>Cedar Rapids</b> Cedar Rapids Bowling Center 265 Blairs Ferry Rd NE Cedar Rapids, IA 52402 Cedar Rapids Bowling: (319) 377-9481 Kirsten Selsor: (712) 209-6744</p>	<p style="text-align: center;"><b>Des Moines</b> Bowlerama Lanes 1313 E Diehl Ave. Des Moines, IA 50315 Bowlerama: (515) 285-2811 Grace Poots: (515) 782-3553</p>	<p style="text-align: center;"><b>Waterloo</b> Cadillac Lanes 650 La Porte Rd Waterloo, IA 50702 Cadillac Lanes: (319) 234-6888 Sydney Sloan: (641) 895-3872</p>	<p style="text-align: center;"><b>Omaha</b> Maplewood Lanes 3030 N 101st St Omaha, NE 68134 Maplewood Lanes: (402) 572-9393 Sydney Sloan: (641) 895-3872</p>
<p style="text-align: center;"><b>East, East Central, Southeast</b></p>	<p style="text-align: center;"><b>South Central &amp; West Central</b></p>	<p style="text-align: center;"><b>Central, North, Northeast &amp; North Central</b></p>	<p style="text-align: center;"><b>Northwest &amp; Southwest</b></p>
<p style="text-align: center;"><u>Session One</u></p> <p><b>8:30 AM - Registration</b> <b>9:20 AM - Opening Ceremonies</b> <b>9:30 AM - Competition Begins</b></p> <p>Ages 8 - 11 Singles Ages 8 - 11 Singles Ramp Assisted Ages 8 - 11 Singles Ramp Unassisted Ages 12 - 15 Singles Ages 12 - 15 Singles Ramp Assisted Ages 12 - 15 Singles Ramp Unassisted Ages 16 - 21 Singles Ages 16 - 21 Singles Ramp Assisted Ages 16 - 21 Singles Ramp Unassisted</p>	<p style="text-align: center;"><u>Session One</u></p> <p><b>8:30 AM - Registration</b> <b>9:20 AM - Opening Ceremonies</b> <b>9:30 AM - Competition Begins</b></p> <p>Ages 8 - 11 Singles Ages 8 - 11 Singles Ramp Assisted Ages 8 - 11 Singles Ramp Unassisted Ages 12 - 15 Singles Ages 12 - 15 Singles Ramp Assisted Ages 12 - 15 Singles Ramp Unassisted Ages 16 - 21 Singles Ages 16 - 21 Singles Ramp Assisted Ages 16 - 21 Singles Ramp Unassisted</p>	<p style="text-align: center;"><u>Session One</u></p> <p><b>8:30 AM - Registration</b> <b>9:20 AM - Opening Ceremonies</b> <b>9:30 AM - Competition Begins</b></p> <p>Ages 8 - 11 Singles Ages 8 - 11 Singles Ramp Assisted Ages 8 - 11 Singles Ramp Unassisted Ages 12 - 15 Singles Ages 12 - 15 Singles Ramp Assisted Ages 12 - 15 Singles Ramp Unassisted Ages 16 - 21 Singles Ages 16 - 21 Singles Ramp Assisted Ages 16 - 21 Singles Ramp Unassisted</p>	<p style="text-align: center;"><b>Friday, November 22, 2024</b></p>
<p style="text-align: center;"><u>Session Two</u></p> <p><b>11:00 AM - Registration</b> <b>11:50 AM - Opening Ceremonies</b> <b>12:00 PM - Competition Begins</b></p> <p>Doubles - All ages Traditional &amp; Unified Teams - All ages Traditional &amp; Unified</p>	<p style="text-align: center;"><u>Session Two</u></p> <p><b>11:00 AM - Registration</b> <b>11:50 AM - Opening Ceremonies</b> <b>12:00 PM - Competition Begins</b></p> <p>Doubles - All ages Traditional &amp; Unified Teams - All ages Traditional &amp; Unified</p>	<p style="text-align: center;"><u>Session Two</u></p> <p><b>11:00 AM - Registration</b> <b>11:50 AM - Opening Ceremonies</b> <b>12:00 PM - Competition Begins</b></p> <p>Doubles - All ages Traditional &amp; Unified Teams - All ages Traditional &amp; Unified</p>	<p style="text-align: center;"><u>Session One</u></p> <p><b>8:30 AM - Registration</b> <b>9:20 AM - Opening Ceremonies</b> <b>9:30 AM - Competition Begins</b></p> <p>Ages 8-21 Traditional &amp; Unified Doubles Ages 8-21 Traditional &amp; Unified Teams Ages 8 - 11 Singles Ages 8 - 11 Singles Ramp Assisted Ages 8 - 11 Singles Ramp Unassisted Ages 12 - 15 Singles Ages 12 - 15 Singles Ramp Assisted Ages 12 - 15 Singles Ramp Unassisted Ages 16 - 21 Singles Ages 16 - 21 Singles Ramp Assisted Ages 16 - 21 Singles Ramp Unassisted</p> <p style="text-align: center;"><u>Session Two</u></p> <p><b>11:30 AM - Registration</b> <b>12:20 PM - Opening Ceremonies</b> <b>12:30 PM - Competition Begins</b></p> <p>Ages 22+ Traditional &amp; Unified Doubles Ages 22+ Traditional &amp; Unified Teams Ages 22 - 29 Singles Ages 22 - 29 Singles Ramp Assisted Ages 22 - 29 Singles Ramp Unassisted Ages 30 - 50 Singles Ages 30 - 50 Singles Ramp Assisted Ages 30 - 50 Singles Ramp Unassisted Ages 51 + Singles Ages 51 + Singles Ramp Assisted Ages 51 + Singles Ramp Unassisted</p>
<p style="text-align: center;"><u>Session Three</u></p> <p><b>1:30 PM - Registration</b> <b>2:20 PM - Opening Ceremonies</b> <b>2:30 PM - Competition Begins</b></p> <p>Ages 22 - 29 Singles Ages 22 - 29 Singles Ramp Assisted Ages 22 - 29 Singles Ramp Unassisted Ages 30 - 50 Singles Ages 30 - 50 Singles Ramp Assisted Ages 30 - 50 Singles Ramp Unassisted Ages 51 + Singles Ages 51 + Singles Ramp Assisted Ages 51 + Singles Ramp Unassisted</p>	<p style="text-align: center;"><u>Session Three</u></p> <p><b>1:30 PM - Registration</b> <b>2:20 PM - Opening Ceremonies</b> <b>2:30 PM - Competition Begins</b></p> <p>Ages 22 - 29 Singles Ages 22 - 29 Singles Ramp Assisted Ages 22 - 29 Singles Ramp Unassisted Ages 30 - 50 Singles Ages 30 - 50 Singles Ramp Assisted Ages 30 - 50 Singles Ramp Unassisted Ages 51 + Singles Ages 51 + Singles Ramp Assisted Ages 51 + Singles Ramp Unassisted</p>	<p style="text-align: center;"><u>Session Three</u></p> <p><b>1:30 PM - Registration</b> <b>2:20 PM - Opening Ceremonies</b> <b>2:30 PM - Competition Begins</b></p> <p>Ages 22 - 29 Singles Ages 22 - 29 Singles Ramp Assisted Ages 22 - 29 Singles Ramp Unassisted Ages 30 - 50 Singles Ages 30 - 50 Singles Ramp Assisted Ages 30 - 50 Singles Ramp Unassisted Ages 51 + Singles Ages 51 + Singles Ramp Assisted Ages 51 + Singles Ramp Unassisted</p>	