

<p style="text-align: center;">Cedar Rapids Cedar Rapids Bowling Center 265 Blairs Ferry Rd NE Cedar Rapids, IA 52402 Cedar Rapids Bowling: (319) 377-9481 Sela Ingalls: (515) 666-1787 or singalls@soiowa.org</p>	<p style="text-align: center;">Des Moines Val Lanes Recreation Center 100 Ashworth Rd, West Des Moines, IA 50265 Val Lanes: (515) 274-0493 Kirsten Selsor: (712) 209-6744 Grace Poots: (515) 782-3553</p>	<p style="text-align: center;">Waterloo Cadillac Lanes 650 La Porte Rd Waterloo, IA 50702 Cadillac Lanes: (319) 234-6888 Kenzie Olson: (515) 666-1731 or molson@soiowa.org</p>	<p style="text-align: center;">Omaha Maplewood Lanes 3030 N 101st St Omaha, NE 68134 Maplewood Lanes: (402) 572-9393 Emily Morris: (515) 666-1641 or emorris@soiowa.org</p>
<p style="text-align: center;">East, East Central & Southeast</p>	<p style="text-align: center;">South Central & West Central</p>	<p style="text-align: center;">Central, North, Northeast & North Central</p>	<p style="text-align: center;">Northwest & Southwest</p>
<p style="text-align: center;">Saturday, November 22, 2025</p>	<p style="text-align: center;">Saturday, November 22, 2025</p>	<p style="text-align: center;">Saturday, November 22, 2025</p>	<p style="text-align: center;">Friday, November 21, 2025</p>
<p style="text-align: center;"><u>Session One</u></p> <p>8:30 AM - Registration 9:20 AM - Opening Ceremonies 9:30 AM - Competition Begins</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>8:30 AM - Registration 9:20 AM - Opening Ceremonies 9:30 AM - Competition Begins</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>8:30 AM - Registration 9:20 AM - Opening Ceremonies 9:30 AM - Competition Begins</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>8:30 AM - Registration 9:20 AM - Opening Ceremonies 9:30 AM - Competition Begins</p> <p>Ages 8-21 Traditional & Unified Doubles Ages 8-21 Traditional & 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>11:00 AM - Registration 11:50 AM - Opening Ceremonies 12:00 PM - Competition Begins</p> <p>Doubles - All ages Traditional & Unified Teams - All ages Traditional & Unified</p>	<p style="text-align: center;"><u>Session Two</u></p> <p>11:00 AM - Registration 11:50 AM - Opening Ceremonies 12:00 PM - Competition Begins</p> <p>Doubles - All ages Traditional & Unified Teams - All ages Traditional & Unified</p>	<p style="text-align: center;"><u>Session Two</u></p> <p>11:00 AM - Registration 11:50 AM - Opening Ceremonies 12:00 PM - Competition Begins</p> <p>Doubles - All ages Traditional & Unified Teams - All ages Traditional & Unified</p>	<p style="text-align: center;"><u>Session Two</u></p> <p>11:30 AM - Registration 12:20 PM - Opening Ceremonies 12:30 PM - Competition Begins</p> <p>Ages 22+ Traditional & Unified Doubles Ages 22+ Traditional & 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>1:30 PM - Registration 2:20 PM - Opening Ceremonies 2:30 PM - Competition Begins</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>1:30 PM - Registration 2:20 PM - Opening Ceremonies 2:30 PM - Competition Begins</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>1:30 PM - Registration 2:20 PM - Opening Ceremonies 2:30 PM - Competition Begins</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>	