

Course Rating 67.4

Men's Blue Practice (from 1 Apr 2024)

Par 70

Slope 121

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.6	+8	25.4 to 26.2	25
+4.5 to +3.7	+7	26.3 to 27.1	26
+3.6 to +2.8	+6	27.2 to 28.1	27
+2.7 to +1.8	+5	28.2 to 29.0	28
+1.7 to +0.9	+4	29.1 to 29.9	29
+0.8 to 0.0	+3	30.0 to 30.9	30
0.1 to 1.0	+2	31.0 to 31.8	31
1.1 to 1.9	+1	31.9 to 32.7	32
2.0 to 2.8	0	32.8 to 33.7	33
2.9 to 3.8	1	33.8 to 34.6	34
3.9 to 4.7	2	34.7 to 35.5	35
4.8 to 5.6	3	35.6 to 36.5	36
5.7 to 6.6	4	36.6 to 37.4	37
6.7 to 7.5	5	37.5 to 38.3	38
7.6 to 8.4	6	38.4 to 39.3	39
8.5 to 9.4	7	39.4 to 40.2	40
9.5 to 10.3	8	40.3 to 41.1	41
10.4 to 11.2	9	41.2 to 42.1	42
11.3 to 12.2	10	42.2 to 43.0	43
12.3 to 13.1	11	43.1 to 43.9	44
13.2 to 14.1	12	44.0 to 44.9	45
14.2 to 15.0	13	45.0 to 45.8	46
15.1 to 15.9	14	45.9 to 46.7	47
16.0 to 16.9	15	46.8 to 47.7	48
17.0 to 17.8	16	47.8 to 48.6	49
17.9 to 18.7	17	48.7 to 49.5	50
18.8 to 19.7	18	49.6 to 50.5	51
19.8 to 20.6	19	50.6 to 51.4	52
20.7 to 21.5	20	51.5 to 52.3	53
21.6 to 22.5	21	52.4 to 53.3	54
22.6 to 23.4	22	53.4 to 54.0	55
23.5 to 24.3	23		
24.4 to 25.3	24		

INSTRUCTIONS

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.

Course Rating 68.7

Women's Red Women (from 1 Apr 2024)

Par 72

Slope 118

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +5.0	+9	25.7 to 26.6	24
+4.9 to +4.1	+8	26.7 to 27.5	25
+4.0 to +3.1	+7	27.6 to 28.5	26
+3.0 to +2.2	+6	28.6 to 29.4	27
+2.1 to +1.2	+5	29.5 to 30.4	28
+1.1 to +0.2	+4	30.5 to 31.4	29
+0.1 to 0.7	+3	31.5 to 32.3	30
0.8 to 1.7	+2	32.4 to 33.3	31
1.8 to 2.6	+1	33.4 to 34.2	32
2.7 to 3.6	0	34.3 to 35.2	33
3.7 to 4.5	1	35.3 to 36.1	34
4.6 to 5.5	2	36.2 to 37.1	35
5.6 to 6.5	3	37.2 to 38.1	36
6.6 to 7.4	4	38.2 to 39.0	37
7.5 to 8.4	5	39.1 to 40.0	38
8.5 to 9.3	6	40.1 to 40.9	39
9.4 to 10.3	7	41.0 to 41.9	40
10.4 to 11.2	8	42.0 to 42.9	41
11.3 to 12.2	9	43.0 to 43.8	42
12.3 to 13.2	10	43.9 to 44.8	43
13.3 to 14.1	11	44.9 to 45.7	44
14.2 to 15.1	12	45.8 to 46.7	45
15.2 to 16.0	13	46.8 to 47.6	46
16.1 to 17.0	14	47.7 to 48.6	47
17.1 to 18.0	15	48.7 to 49.6	48
18.1 to 18.9	16	49.7 to 50.5	49
19.0 to 19.9	17	50.6 to 51.5	50
20.0 to 20.8	18	51.6 to 52.4	51
20.9 to 21.8	19	52.5 to 53.4	52
21.9 to 22.7	20	53.5 to 54.0	53
22.8 to 23.7	21		
23.8 to 24.7	22		
24.8 to 25.6	23		

INSTRUCTIONS

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.

Course Rating 34.2

Men's White B9 (from 1 Apr 2024)

Par 35 Slope 119

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +3.3	+3	29.1 to 30.9	15
+3.2 to +1.4	+2	31.0 to 32.8	16
+1.3 to 0.5	+1	32.9 to 34.7	17
0.6 to 2.4	0	34.8 to 36.6	18
2.5 to 4.3	1	36.7 to 38.5	19
4.4 to 6.2	2	38.6 to 40.4	20
6.3 to 8.1	3	40.5 to 42.3	21
8.2 to 10.0	4	42.4 to 44.2	22
10.1 to 11.9	5	44.3 to 46.1	23
12.0 to 13.8	6	46.2 to 48.0	24
13.9 to 15.7	7	48.1 to 49.9	25
15.8 to 17.6	8	50.0 to 51.8	26
17.7 to 19.5	9	51.9 to 53.7	27
19.6 to 21.4	10	53.8 to 54.0	28
21.5 to 23.3	11		
23.4 to 25.2	12		
25.3 to 27.1	13		
27.2 to 29.0	14		

INSTRUCTIONS

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.

Course Rating 33.6

Men's White F9 (from 1 Apr 2024)

Par 35 Slope 123

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +3.9	+4	29.3 to 31.0	15
+3.8 to +2.1	+3	31.1 to 32.8	16
+2.0 to +0.2	+2	32.9 to 34.7	17
+0.1 to 1.6	+1	34.8 to 36.5	18
1.7 to 3.4	0	36.6 to 38.4	19
3.5 to 5.3	1	38.5 to 40.2	20
5.4 to 7.1	2	40.3 to 42.0	21
7.2 to 9.0	3	42.1 to 43.9	22
9.1 to 10.8	4	44.0 to 45.7	23
10.9 to 12.6	5	45.8 to 47.5	24
12.7 to 14.5	6	47.6 to 49.4	25
14.6 to 16.3	7	49.5 to 51.2	26
16.4 to 18.1	8	51.3 to 53.1	27
18.2 to 20.0	9	53.2 to 54.0	28
20.1 to 21.8	10		
21.9 to 23.7	11		
23.8 to 25.5	12		
25.6 to 27.3	13		
27.4 to 29.2	14		

INSTRUCTIONS

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.

Course Rating 67.8

Men's White Competition (from 1 Apr 2024)

Par 70 Slope 121

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +5.0	+8	25.9 to 26.8	26
+4.9 to +4.1	+7	26.9 to 27.7	27
+4.0 to +3.1	+6	27.8 to 28.6	28
+3.0 to +2.2	+5	28.7 to 29.6	29
+2.1 to +1.3	+4	29.7 to 30.5	30
+1.2 to +0.3	+3	30.6 to 31.4	31
+0.2 to 0.6	+2	31.5 to 32.4	32
0.7 to 1.5	+1	32.5 to 33.3	33
1.6 to 2.5	0	33.4 to 34.2	34
2.6 to 3.4	1	34.3 to 35.2	35
3.5 to 4.3	2	35.3 to 36.1	36
4.4 to 5.3	3	36.2 to 37.0	37
5.4 to 6.2	4	37.1 to 38.0	38
6.3 to 7.1	5	38.1 to 38.9	39
7.2 to 8.1	6	39.0 to 39.8	40
8.2 to 9.0	7	39.9 to 40.8	41
9.1 to 9.9	8	40.9 to 41.7	42
10.0 to 10.9	9	41.8 to 42.6	43
11.0 to 11.8	10	42.7 to 43.6	44
11.9 to 12.7	11	43.7 to 44.5	45
12.8 to 13.7	12	44.6 to 45.4	46
13.8 to 14.6	13	45.5 to 46.4	47
14.7 to 15.5	14	46.5 to 47.3	48
15.6 to 16.5	15	47.4 to 48.2	49
16.6 to 17.4	16	48.3 to 49.2	50
17.5 to 18.3	17	49.3 to 50.1	51
18.4 to 19.3	18	50.2 to 51.0	52
19.4 to 20.2	19	51.1 to 52.0	53
20.3 to 21.1	20	52.1 to 52.9	54
21.2 to 22.1	21	53.0 to 53.8	55
22.2 to 23.0	22	53.9 to 54.0	56
23.1 to 24.0	23		
24.1 to 24.9	24		
25.0 to 25.8	25		

INSTRUCTIONS

Find the range containing your Handicap Index® in the left column.

Play with the Course Handicap™ in the right column which correspond with that range.

Please make sure the tees you are playing correspond with the tees this table applies to.