

HANDICAP CONVERSION TABLE

Course H/Cap	BLACK (Men) CR = 70.9 Slope = 129 PAR = 71	BLACK (Women) CR = 76.9 Slope = 139 PAR = 73	WHITE (Men) CR = 69.9 Slope = 125 PAR = 71	WHITE (Women) CR = 75.4 Slope = 138 PAR = 73	GOLD (Men) CR = 68.3 Slope = 118 PAR = 71	GOLD (Women) CR = 73.5 Slope = 131 PAR = 73	Course H/Cap
+8					+5.0 to +4.6		+8
+7			+5.0 to +4.9		+4.5 to +3.7		+7
+6	+5.0 to +4.8		+4.8 to +4.0		+3.6 to +2.7		+6
+5	+4.7 to +3.9		+3.9 to +3.1		+2.6 to +1.8	+5.0 to +4.4	+5
+4	+3.8 to +3.0		+3.0 to +2.2	+5.0 to +4.9	+1.7 to +0.8	+4.3 to +3.5	+4
+3	+2.9 to +2.2		+2.1 to +1.3	+4.8 to +4.1	+0.7 to 0.1	+3.4 to +2.6	+3
+2	+2.1 to +1.3	+5.0 to +4.4	+1.2 to +0.4	+4.0 to +3.2	0.2 to 1.1	+2.5 to +1.8	+2
+1	+1.2 to +0.4	+4.3 to +3.6	+0.3 to 0.5	+3.1 to +2.4	1.2 to 2.1	+1.7 to +0.9	+1
0	+0.3 to 0.5	+3.5 to +2.8	0.6 to 1.4	+2.3 to +1.6	2.2 to 3.0	+0.8 to +0.1	0
1	0.6 to 1.4	+2.7 to +2.0	1.5 to 2.3	+1.5 to +0.8	3.1 to 4.0	0.0 to 0.8	1
2	1.5 to 2.2	+1.9 to +1.2	2.4 to 3.2	+0.7 to 0.0	4.1 to 4.9	0.9 to 1.7	2
3	2.3 to 3.1	+1.1 to +0.4	3.3 to 4.1	0.1 to 0.9	5.0 to 5.9	1.8 to 2.5	3
4	3.2 to 4.0	+0.3 to 0.4	4.2 to 5.0	1.0 to 1.7	6.0 to 6.8	2.6 to 3.4	4
5	4.1 to 4.9	0.5 to 1.3	5.1 to 5.9	1.8 to 2.5	6.9 to 7.8	3.5 to 4.3	5
6	5.0 to 5.7	1.4 to 2.1	6.0 to 6.8	2.6 to 3.3	7.9 to 8.8	4.4 to 5.1	6
7	5.8 to 6.6	2.2 to 2.9	6.9 to 7.7	3.4 to 4.1	8.9 to 9.7	5.2 to 6.0	7
8	6.7 to 7.5	3.0 to 3.7	7.8 to 8.6	4.2 to 4.9	9.8 to 10.7	6.1 to 6.9	8
9	7.6 to 8.4	3.8 to 4.5	8.7 to 9.5	5.0 to 5.8	10.8 to 11.6	7.0 to 7.7	9
10	8.5 to 9.2	4.6 to 5.3	9.6 to 10.4	5.9 to 6.6	11.7 to 12.6	7.8 to 8.6	10
11	9.3 to 10.1	5.4 to 6.1	10.5 to 11.3	6.7 to 7.4	12.7 to 13.5	8.7 to 9.4	11
12	10.2 to 11.0	6.2 to 6.9	11.4 to 12.2	7.5 to 8.2	13.6 to 14.5	9.5 to 10.3	12
13	11.1 to 11.9	7.0 to 7.8	12.3 to 13.1	8.3 to 9.0	14.6 to 15.5	10.4 to 11.2	13
14	12.0 to 12.7	7.9 to 8.6	13.2 to 14.1	9.1 to 9.9	15.6 to 16.4	11.3 to 12.0	14
15	12.8 to 13.6	8.7 to 9.4	14.2 to 15.0	10.0 to 10.7	16.5 to 17.4	12.1 to 12.9	15
16	13.7 to 14.5	9.5 to 10.2	15.1 to 15.9	10.8 to 11.5	17.5 to 18.3	13.0 to 13.8	16
17	14.6 to 15.4	10.3 to 11.0	16.0 to 16.8	11.6 to 12.3	18.4 to 19.3	13.9 to 14.6	17
18	15.5 to 16.2	11.1 to 11.8	16.9 to 17.7	12.4 to 13.1	19.4 to 20.3	14.7 to 15.5	18
19	16.3 to 17.1	11.9 to 12.6	17.8 to 18.6	13.2 to 14.0	20.4 to 21.2	15.6 to 16.3	19
20	17.2 to 18.0	12.7 to 13.4	18.7 to 19.5	14.1 to 14.8	21.3 to 22.2	16.4 to 17.2	20
21	18.1 to 18.9	13.5 to 14.3	19.6 to 20.4	14.9 to 15.6	22.3 to 23.1	17.3 to 18.1	21
22	19.0 to 19.7	14.4 to 15.1	20.5 to 21.3	15.7 to 16.4	23.2 to 24.1	18.2 to 18.9	22
23	19.8 to 20.6	15.2 to 15.9	21.4 to 22.2	16.5 to 17.2	24.2 to 25.0	19.0 to 19.8	23
24	20.7 to 21.5	16.0 to 16.7	22.3 to 23.1	17.3 to 18.0	25.1 to 26.0	19.9 to 20.7	24
25	21.6 to 22.4	16.8 to 17.5	23.2 to 24.0	18.1 to 18.9	26.1 to 27.0	20.8 to 21.5	25
26	22.5 to 23.3	17.6 to 18.3	24.1 to 24.9	19.0 to 19.7	27.1 to 27.9	21.6 to 22.4	26
27	23.4 to 24.1	18.4 to 19.1	25.0 to 25.8	19.8 to 20.5	28.0 to 28.9	22.5 to 23.2	27
28	24.2 to 25.0	19.2 to 19.9	25.9 to 26.7	20.6 to 21.3	29.0 to 29.8	23.3 to 24.1	28
29	25.1 to 25.9	20.0 to 20.8	26.8 to 27.6	21.4 to 22.1	29.9 to 30.8	24.2 to 25.0	29
30	26.0 to 26.8	20.9 to 21.6	27.7 to 28.5	22.2 to 23.0	30.9 to 31.7	25.1 to 25.8	30
31	26.9 to 27.6	21.7 to 22.4	28.6 to 29.4	23.1 to 23.8	31.8 to 32.7	25.9 to 26.7	31
32	27.7 to 28.5	22.5 to 23.2	29.5 to 30.3	23.9 to 24.6	32.8 to 33.7	26.8 to 27.6	32
33	28.6 to 29.4	23.3 to 24.0	30.4 to 31.2	24.7 to 25.4	33.8 to 34.6	27.7 to 28.4	33
34	29.5 to 30.3	24.1 to 24.8	31.3 to 32.1	25.5 to 26.2	34.7 to 35.6	28.5 to 29.3	34
35	30.4 to 31.1	24.9 to 25.6	32.2 to 33.0	26.3 to 27.1	35.7 to 36.5	29.4 to 30.1	35
36	31.2 to 32.0	25.7 to 26.5	33.1 to 33.9	27.2 to 27.9	36.6 to 37.5	30.2 to 31.0	36
37	32.1 to 32.9	26.6 to 27.3	34.0 to 34.8	28.0 to 28.7	37.6 to 38.4	31.1 to 31.9	37
38	33.0 to 33.8	27.4 to 28.1	34.9 to 35.7	28.8 to 29.5	38.5 to 39.4	32.0 to 32.7	38
39	33.9 to 34.6	28.2 to 28.9	35.8 to 36.7	29.6 to 30.3	39.5 to 40.4	32.8 to 33.6	39
40	34.7 to 35.5	29.0 to 29.7	36.8 to 37.6	30.4 to 31.1	40.5 to 41.3	33.7 to 34.5	40
41	35.6 to 36.4	29.8 to 30.5	37.7 to 38.5	31.2 to 32.0	41.4 to 42.3	34.6 to 35.3	41
42	36.5 to 37.3	30.6 to 31.3	38.6 to 39.4	32.1 to 32.8	42.4 to 43.2	35.4 to 36.2	42
43	37.4 to 38.1	31.4 to 32.1	39.5 to 40.3	32.9 to 33.6	43.3 to 44.2	36.3 to 37.0	43
44	38.2 to 39.0	32.2 to 33.0	40.4 to 41.2	33.7 to 34.4	44.3 to 45.1	37.1 to 37.9	44
45	39.1 to 39.9	33.1 to 33.8	41.3 to 42.1	34.5 to 35.2	45.2 to 46.1	38.0 to 38.8	45
46	40.0 to 40.8	33.9 to 34.6	42.2 to 43.0	35.3 to 36.1	46.2 to 47.1	38.9 to 39.6	46
47	40.9 to 41.6	34.7 to 35.4	43.1 to 43.9	36.2 to 36.9	47.2 to 48.0	39.7 to 40.5	47
48	41.7 to 42.5	35.5 to 36.2	44.0 to 44.8	37.0 to 37.7	48.1 to 49.0	40.6 to 41.4	48
49	42.6 to 43.4	36.3 to 37.0	44.9 to 45.7	37.8 to 38.5	49.1 to 49.9	41.5 to 42.2	49
50	43.5 to 44.3	37.1 to 37.8	45.8 to 46.6	38.6 to 39.3	50.0 to 50.9	42.3 to 43.1	50
51	44.4 to 45.1	37.9 to 38.6	46.7 to 47.5	39.4 to 40.2	51.0 to 51.9	43.2 to 43.9	51
52	45.2 to 46.0	38.7 to 39.5	47.6 to 48.4	40.3 to 41.0	52.0 to 52.8	44.0 to 44.8	52
53	46.1 to 46.9	39.6 to 40.3	48.5 to 49.3	41.1 to 41.8	52.9 to 53.8	44.9 to 45.7	53
54	47.0 to 47.8	40.4 to 41.1	49.4 to 50.2	41.9 to 42.6	53.9 to 54.0	45.8 to 46.5	54
55	47.9 to 48.7	41.2 to 41.9	50.3 to 51.1	42.7 to 43.4		46.6 to 47.4	55
56	48.8 to 49.5	42.0 to 42.7	51.2 to 52.0	43.5 to 44.2		47.5 to 48.3	56
57	49.6 to 50.4	42.8 to 43.5	52.1 to 52.9	44.3 to 45.1		48.4 to 49.1	57
58	50.5 to 51.3	43.6 to 44.3	53.0 to 53.8	45.2 to 45.9		49.2 to 50.0	58
59	51.4 to 52.2	44.4 to 45.1	53.9 to 54.0	46.0 to 46.7		50.1 to 50.8	59
60	52.3 to 53.0	45.2 to 46.0		46.8 to 47.5		50.9 to 51.7	60
61	53.1 to 53.9	46.1 to 46.8		47.6 to 48.3		51.8 to 52.6	61
62	54.0 to 54.0	46.9 to 47.6		48.4 to 49.2		52.7 to 53.4	62
63		47.7 to 48.4		49.3 to 50.0		53.5 to 54.0	63
64		48.5 to 49.2		51.1 to 50.8			
65		49.3 to 50.0		50.9 to 51.6			
66		50.1 to 50.8		51.7 to 52.4			
67		50.9 to 51.7		52.5 to 53.3			
68		51.8 to 52.5		53.4 to 54.0			
69		52.6 to 53.3					
70		53.4 to 54.0					

USING THE TABLES:
 (1) Select the colour tees you will be playing. (2) Find your Handicap Index.
 (3) Read across the table to find your Course Handicap.