

COURSE HANDICAP™ TABLE

Seaton Carew Golf Club
Seaton Carew-Micklem Course

Course Rating 73.5

Women's Red . (from 16 Apr 2025)

Par 72 Slope 132

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.3	+4	24.0 to 24.8	30
+4.2 to +3.5	+3	24.9 to 25.6	31
+3.4 to +2.6	+2	25.7 to 26.5	32
+2.5 to +1.8	+1	26.6 to 27.3	33
+1.7 to +0.9	0	27.4 to 28.2	34
+0.8 to +0.1	1	28.3 to 29.1	35
0.0 to 0.8	2	29.2 to 29.9	36
0.9 to 1.7	3	30.0 to 30.8	37
1.8 to 2.5	4	30.9 to 31.6	38
2.6 to 3.4	5	31.7 to 32.5	39
3.5 to 4.2	6	32.6 to 33.3	40
4.3 to 5.1	7	33.4 to 34.2	41
5.2 to 5.9	8	34.3 to 35.0	42
6.0 to 6.8	9	35.1 to 35.9	43
6.9 to 7.7	10	36.0 to 36.8	44
7.8 to 8.5	11	36.9 to 37.6	45
8.6 to 9.4	12	37.7 to 38.5	46
9.5 to 10.2	13	38.6 to 39.3	47
10.3 to 11.1	14	39.4 to 40.2	48
11.2 to 11.9	15	40.3 to 41.0	49
12.0 to 12.8	16	41.1 to 41.9	50
12.9 to 13.6	17	42.0 to 42.8	51
13.7 to 14.5	18	42.9 to 43.6	52
14.6 to 15.4	19	43.7 to 44.5	53
15.5 to 16.2	20	44.6 to 45.3	54
16.3 to 17.1	21	45.4 to 46.2	55
17.2 to 17.9	22	46.3 to 47.0	56
18.0 to 18.8	23	47.1 to 47.9	57
18.9 to 19.6	24	48.0 to 48.7	58
19.7 to 20.5	25	48.8 to 49.6	59
20.6 to 21.4	26	49.7 to 50.5	60
21.5 to 22.2	27	50.6 to 51.3	61
22.3 to 23.1	28	51.4 to 52.2	62
23.2 to 23.9	29	52.3 to 53.0	63

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.

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
53.1 to 53.9	64		
54.0 to 54.0	65		

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.