

**COURSE HANDICAP™ TABLE**

*Seaton Carew Golf Club*  
Seaton Carew-Micklem Course

Course Rating 72.3

**Men's White (from 16 Apr 2025)**

Par 71 Slope 136

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.9	+5	22.6 to 23.4	29
+4.8 to +4.0	+4	23.5 to 24.2	30
+3.9 to +3.2	+3	24.3 to 25.0	31
+3.1 to +2.4	+2	25.1 to 25.9	32
+2.3 to +1.5	+1	26.0 to 26.7	33
+1.4 to +0.7	0	26.8 to 27.5	34
+0.6 to 0.1	1	27.6 to 28.4	35
0.2 to 0.9	2	28.5 to 29.2	36
1.0 to 1.8	3	29.3 to 30.0	37
1.9 to 2.6	4	30.1 to 30.9	38
2.7 to 3.4	5	31.0 to 31.7	39
3.5 to 4.3	6	31.8 to 32.5	40
4.4 to 5.1	7	32.6 to 33.4	41
5.2 to 5.9	8	33.5 to 34.2	42
6.0 to 6.8	9	34.3 to 35.0	43
6.9 to 7.6	10	35.1 to 35.8	44
7.7 to 8.4	11	35.9 to 36.7	45
8.5 to 9.3	12	36.8 to 37.5	46
9.4 to 10.1	13	37.6 to 38.3	47
10.2 to 10.9	14	38.4 to 39.2	48
11.0 to 11.7	15	39.3 to 40.0	49
11.8 to 12.6	16	40.1 to 40.8	50
12.7 to 13.4	17	40.9 to 41.7	51
13.5 to 14.2	18	41.8 to 42.5	52
14.3 to 15.1	19	42.6 to 43.3	53
15.2 to 15.9	20	43.4 to 44.2	54
16.0 to 16.7	21	44.3 to 45.0	55
16.8 to 17.6	22	45.1 to 45.8	56
17.7 to 18.4	23	45.9 to 46.6	57
18.5 to 19.2	24	46.7 to 47.5	58
19.3 to 20.1	25	47.6 to 48.3	59
20.2 to 20.9	26	48.4 to 49.1	60
21.0 to 21.7	27	49.2 to 50.0	61
21.8 to 22.5	28	50.1 to 50.8	62

**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.

<b>Handicap Index®</b>	<b>Course Handicap™</b>	<b>Handicap Index®</b>	<b>Course Handicap™</b>
50.9 to 51.6	63		
51.7 to 52.5	64		
52.6 to 53.3	65		
53.4 to 54.0	66		

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