

HNDCP#

NAME			DATE		
COURSE			HOLES	9	18
+	- :	=		:	
STROKES	MINUTES SECO	INDS	SPEEDG	OLF	SCORE
			_	_	 mi
TEES	YARDAGE		DISTANCE		km
PAR	TIME PAR		↑ ↑ ↑ ELEV		ft m
CLUBS #	TIME OF DAY AM	O PM	GAIN		ft m
D 3W HYB 3i 4i 5i 6i 7i 8i 9i pw sw putter	Start fir	:			notes

SPEEDGOLF RULES



- 1. No carts. No caddies.
- 2. Measure elapsed time.
- 3. 1 stroke equals 1 minute.
- 4. Low combined score wins.

ADVICE

- * Limit club selection to 4-6
- * Allow faster players to pass.
- * Keep bags & clubs off greens.
- * Repair divots. Rake bunkers.

THE RIGHT STUFF

Moisture-wicking apparel

Running shoes

Lightweight carry bag

Rain gloves

High visibility golf balls

KEEPING SCORE

Q: HOW MANY STROKES?

Q: HOW MUCH TIME?

A: **80**

A: 60:01

SPEEDGOLF SCORE

140:01

THE BENEFITS

Save TIME & MONEY.

Get FIT & stay HEALTHY.

Have MORE FUN.



THINK less. PERFORM better.

CHALLENGE yourself & friends.