

**HIGHWOOD DAY LADIES
GOLF LEAGUE
2026**



HIGHWOOD GOLF & COUNTRY CLUB

400, 7TH STREET, N.W.
HIGH RIVER, Alberta T2V 1M6
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TUESDAY LADIES LEAGUE EXECUTIVE & CONTACTS

PRESIDENT:	Cindy Chomiak	canadia@shaw.ca	403-831-5437
PAST PRESIDENT:	Barb Reid	reiddq@gmail.com	825-863-3569
VICE PRES.	Vacant		
TREASURER:	Jacque Hunsley	jhunsley@shaw.ca	403-819-3031
TEE SHEET:	Connie Timmerman	timmermanscet@gmail.com	
SECRETARY:	Sandra McGonigal	samcgonigal@gmail.com	
CHAMPS:	Judy Webb	judywebbsemail@gmail.com	403-807-2545
INTER CLUB:	Joan O'Toole	joanieotoole@hotmail.com	403-461-8217
MEAL COORDINATOR Vacant			

If there is any way we can make the season more enjoyable for you, please let us know.

We need to fill the VP role, if anyone is interested, please contact Cindy. The duties are pretty light, just meeting attendance and giving your input.

2026 HIGHWOOD DAY LADIES GOLF LEAGUE REGISTRATION

- **A 2026 Registration Form will be emailed to all previous members, and copies will be available in the Ladies Locker Room and in the Pro Shop.**
- **Register by filling in the Registration Form and emailing it to Jacquie Hunsley at jhunsley@shaw.ca or leaving it at the Pro Shop for Jacquie.**
- **All ladies playing in the league must have a Golf Canada membership. This is included in annual dues for full members. Social members and non-members can purchase a membership at the Highwood Pro Shop.**
- **The Day Ladies will play on Tuesday mornings, 8:30 AM shotgun. There may be a need however, to change the start time / switch to tee times in the shoulder months.**

LEAGUE FEE STRUCTURE For 2026

- **Members- \$65.00**
- **Non-Members- \$75.00**
- **Honorary Members- \$50.00**
- **Non member green fees- \$50.00 plus GST**
- **Cart rental- \$22.00 plus GST**
- **The executive will handle registration refunds for cases of illness or injury on an individual basis if a golfer is unable to complete the season.**

WEEKLY PROCESS

- Sign up to play each week by signing on to the Highwood website and registering for the Ladies League Signup Event in the Highwood Calendar.
- Non-members will have to email - Dan (pro) at dan@highwoodgolf.com to sign up.
- The deadline to sign up for the next Tuesday is Saturday at 5 PM. If you are late signing up you will be able to play but not necessarily eligible for the weekly game prizes.
- On Make Your Own Foursome Days, you can sign up with a group of your choice, or as an individual.

- On Game Day, check in with the Ladies Executive- usually in the Fox's Den. Sign up for the Closest to the Pin, Chip In competitions and the 50/50 draw if you wish.
- There will be a Game of the Day each week. See the schedule.
- The first game is scheduled for Tuesday, May 5th, 2026.
- Handicaps will be looked up, the groups will be made up and scorecards will be prepared.
- Hand in your score cards to the Club Captain.

The treasurer will calculate the Game of the Day winners and email out the winners and the prize amounts and announce the game for the next week. Remember you MUST input your scores into your Golf Canada account!

- Prizes will be credited to your Highwood account. Non-members will receive Highwood gift certificates
- The maximum handicap for Ladies League will be 40.
- If you decide to pick up on a hole, the maximum score assessed for the hole will be 4 over par.
- Preferred Lie – Until the end of June, if you land in an undesirable spot in the closely mown area through the green (a.k.a. the fairway), you must mark your ball, and then you may lift your ball, clean it if you wish, and place it in a preferred lie, within one club length of where your ball came to rest, no closer to the hole. You can only place your ball once so choose your spot carefully. There is no penalty. Do not bump your ball with your club, as that incurs a one stroke penalty.
- **Gimmee Putts** – Gimmee putts are allowed within 18 inches of the hole. Putter lengths are not all the same and this is not necessarily “inside the leather” on everyone’s putter. Please measure 18 inches from the top of the head of your putter and mark the shaft of your putter to determine if the putt is short enough to qualify as a gimmee. Please bring your putter to our Meet & Greet on April 28th, and we will mark it for you.
- Remember to post your score in Golf Canada (**IMPORTANT**).
- Highwood is participating in CHAMPS and Country Interclub in 2026
- Highwood is not participating in SLIC for 2026
- The Spring Opening Scramble, lunch & meeting is scheduled for May 19th – 9 am shotgun.
- The Fall Closing Scramble, lunch & meeting is scheduled for September 22nd – 9 am shotgun.
- The Ladies’ Open is scheduled for Sunday, July 19th – 1 pm shotgun.

CHIP-INS / KP (closest to pin) / 50/50 DRAWS

- There will be an optional KP, Chip In and 50/50 pot each week. Entry will be \$5.00 for all three entries. 50% of the pot will go to the 50/50 winner and the KP and chip In's will be paid from the club's share (split evenly among the winners). If there are no KPs or chip-ins that week, the money will be carried over to the next week.

BREAK 80, 90, 100 (FOR THE FIRST TIME)

- Score can be used from any round played during the season (not just on League play days).
If you break 80, 90 or 100 **for the first time**, have your scorecard attested by someone playing with you and pass it to the Club Captain.
- The Club Captain will keep track of the players who break 80, 90 or 100 for the first time.
- If you have a hole in one, have your score card attested, turn it into the club captain as a pin is also awarded for that.
- Pins will be awarded at the end of the season.

GAME DAY DESCRIPTIONS:

Each week a different game will be played, the game of that week will be announced by email, as well it will be marked on your score card. Following is list of the games and their description.

- **BEST NINE** – Total Gross score for the best 9 of the 18 holes. Subtract $\frac{1}{2}$ handicap.
- **BLIND NINE** – Captain will pick the 9 holes to score. Count Gross scores
- **CHA CHA CHA (Team Event)** – Count 1 Net best ball of the foursome on Holes 1,4,7,10,13,16; Count 2 Net best balls on Holes 2,5,8,11,14,17; Count 3 Net best balls on Holes 3,6,9,12,15,18.
- **CRISS CROSS** – Select better hole of 1 or 10, 2 or 11, 3 or 12, etc . Total those Gross scores. Subtract $\frac{1}{2}$ the handicap
- **FLAG GAME**- Each golfer receives a flag with their name and handicap plus par. Flag goes down when all your strokes are used up.
- **GOLFER'S REVENGE** – Subtract all Par 5 Gross scores from total Gross score. Subtract full handicap.
- **HATE 'EM** – Prior to play, circle the 3 holes you absolutely hate. Total your Gross score, then subtract the Gross scores of the 3 holes you circled. Subtract full handicap.
- **HIDDEN PARTNERS (Partner Event)** – Keep individual Gross and Net score. At the end of the round, your partner will be drawn at random. Total Net score for the 2 players.
- **MUTT & JEFF** – Total Gross score of all Par 3's and 5's. Subtract $\frac{1}{2}$ handicap.
- **O.N.E.S.** – Count Gross scores only on holes that begin with O,N,E or S. You will count holes 1,6,7,8,9,11,16,17,18. Subtract $\frac{1}{2}$ handicap.
- **PUTT AROUND (Points Game)** – Chip In add 5 points; 1 Putt add 3 points; 2 Putts add 1 point; 3 Putts subtract 1 point.
- **SOLHEIM CUP (Team Event)** – The golfer will be delegated to a red or black team. It is match team play- two red play best net against the two black.
- **STABLEFORD POINTS**- one point earned for a net bogie, two for a net par, three for a net birdie and four for a net eagle.
- **T's & F's** – Count Gross scores only on holes that begin with T or F. You will count holes 2,3,4,5,10,12,13,14,15. Subtract $\frac{1}{2}$ handicap.
- **TWO BEST NETS**- The two best net scores are counted from each hole
- **THREE BLIND MICE** – Three holes are selected randomly. No one knows which have been selected. At the end of the round, the scores on those holes are thrown out. Subtract full handicap.
- **LOW GROSS/LOW NET** – Record both the team low net and low gross and add the two scores together. Low team total wins.
- **BEST 2 NET** – Count the two best net scores from the team on each hole.

2026 GAME SCHEDULE

DAY	DATE	GAME SCHEDULE
Tuesday	April 28th	Meet & Greet - 2-4 pm Wellman Room
Tuesday	May 5th	T's & F's, tee times from hole #1 starting at 9:30am
Tuesday	May 12th	Golfers Revenge, tee times from hole #1 starting at 9:30am
Tuesday	May 19th	Spring Opening Scramble, 9 am shotgun, lunch & meeting
Tuesday	May 26th	Three Blind Mice - we will now resume 8:30 am shotgun
Monday	June 1st	Country Interclub @ Cottonwood
Monday	June 1st	CHAMPS - Highwood @ Michelson 11:03 & 11:12
Tuesday	June 2nd	Blind Nine
Monday	June 8th	CHAMPS - Highwood @ Bearspaw 10:10 & 10:10
Tuesday	June 9th	Best Nine
Monday	June 15th	CHAMPS - Strathmore @ Highwood 9:00 & 9:08
Tuesday	June 16th	Putt Around
Monday	June 22nd	O.N.E.S. - Ladies leagues moved to Monday due to tournament
Monday	June 22nd	CHAMPS - Turner Valley @ Highwood 9:00 & 9:08
Tues-Thurs	June 23-25	Calgary Ladies Closed Amatuer
Tuesday	June 30th	SOLHEIM CUP - TEAM EVENT
Tuesday	July 7th	Cha Cha Cha (Team game)
Monday	July 13th	Country Interclub @ Highwood
Tuesday	July 14th	Hidden Partners
Tuesday	June 14th	Valley Ridge @ Highwood 9:00 & 9:08
Sunday	July 19th	Ladies Open Luau - 1 pm shotgun
Monday	July 20th	CHAMPS - Redwood @ Highwood 9:00 & 9:08
Tuesday	July 21st	Stabelford
Monday	July 27th	Highwood @ Elbow Springs 9:04 & 9:12
Tuesday	July 28th	Pick your Partner - Best Two Net
Tuesday	August 4th	Low Gross/Low Net (Team game)
Monday	August 10th	Country Hills @ Highwood 9:00 & 9:08
Tuesday	August 11th	Mutt & Jeff
Monday	August 17th	Highwood @ Woodside 8:45 & 8:52
Tuesday	August 18th	Criss Cross
Monday	August 24th	Country Interclub @ Redwood Meadows
Monday	Augut 24th	Two Best Nets (Team game) Ladies league moved to Monday due to Tournament
Monday	August 24th	Highwood @ Hamptons 1:00 & 1:09
Tuesday	Sept 1st	
Tuesday	Sept 8th	Hate EM - this will be our last 8:30 shotgun for the season
Monday	Sept 14th	Country Interclub @ Priddis Greens
Tuesday	Sept 15th	Flag Game - 9:00 am tee times off hole #1
Tuesday	Sept 22nd	Fall Closing Scramble, 9am shotgun, lunch & meeting

INTERCLUB COMPETITIONS

Sign-up sheets for Interclub will be available at the Welcome Back event on April 29th and are posted in the Locker Room. Teams will be made up prior to each Interclub. Full members get priority over social members and non-members. You will be notified by the coordinator if you have been selected to play. Names of those chosen to play be posted on the Bulletin Board. There is no charge for the green fees. Each player pays for a power cart if they want one.

COUNTRY INTERCLUB

Joan O'Toole 403-461-8217 joanieotoole@hotmail.com

Highwood, Cottonwood, Redwood Meadows and Priddis participate in Country Interclub. Games are played once a month, usually on a Monday, with each club hosting once. Each club sends 5 A players (index < 20.1) and 5 B players (index 20.1 to 35.2) as well as the coordinator. Teams are made up with a player from each club. There is a pre-arranged lunch after the game; each player pays for their lunch.

Points are awarded by player (1 for bogey, 2 for par, 3 for birdie, 4 for eagle, 5 for albatross) and at the end of the season the club with the most points is declared champion and are awarded the trophy.

CALGARY HOSPITALITY & MATCH PLAY SECTION (CHAMPS)

Organized by the Calgary Ladies Golf Association

Judy Webb- 403-807-2545 judywebbsmail@gmail.com

Interclub match play event is a round robin schedule of games between participating clubs. It is attractive to players who prefer a moderate level of competition sprinkled with a heavy dose of camaraderie. The event features 2 A index and 2 B index players from opposing clubs. Following golf, the focus turns to fun where players share their experiences of the day over lunch (ordered off menu) and libations. Each player pays for their cart (if using) and their lunch. Golf is complimentary. Friendships formed, good golf and "rather forget" incidents are shared at a windup tournament hosted at a different club each September.

COMMON RULES / PROCEDURES & PENALTIES

- Out of Bounds (White Stakes) – **D, M** (see below)
- Lost Ball – **D, M**
- Unplayable Lie – **D, E, G**
- Unplayable Lie Bunker – **K, L**
- Embedded Lie – Free relief, No Penalty
- In Penalty Area (Red Stakes) – **C, D, F, H**
- Hitting Wrong Ball – **A, B**
- Grounding Club in Bunker – No penalty except when a player touches sand (1) with her hand or club to test the conditions of the bunker, (2) in making a practice swing, (3) with the club in the area right behind or in front of the ball or (4) in making the backswing for the stroke – **A, B**
- Grounding Club in Penalty Area – No Penalty
- Giving or Asking Advice – **A, B**
- Agreeing to Waive a Rule – **J**
- Immovable Obstruction Interferes with Swing or Stance – **C, I**
- Ball in Ground Under Repair or on a Cart Path – Out of Bounds (White Stakes) - **C I**

PROCEDURES AND PENALTIES

- A.** Two Strokes – Stroke Play
- B.** Loss of a Hole – Match Play
- C.** Play the ball as it lies – no penalty
- D.** One stroke and replay from where the ball was hit
- E.** One stroke and drop the ball within 2 club lengths of where the ball lies
- F.** One stroke and drop the ball within 2 club lengths of where the ball last crossed into the penalty area
- G.** One stroke and drop the ball as far back as desired on a line through where the ball lies and the flag
- H.** One stroke and drop the ball as far back as desired on a line through where the ball last crossed into the penalty area and the flag.
- I.** Drop within 1 club length of the established reference point, no closer to the hole – no penalty
- J.** Disqualification
- K.** Two strokes and take relief outside the bunker on the line from the hole where the ball came to rest in the bunker
- L.** One stroke and take relief inside the bunker either from within 2 club lengths from the ball, or behind the ball on a straight line from the hole
- M.** Two strokes and drop the ball on the nearest edge of the fairway, where you think the ball is or where the ball went out of bounds, the same distance from the hole (cannot be used if a provisional ball has been hit or the ball is lost in a penalty area)

RULES ARE TOOLS

Approximately every two weeks an explanation of a rule will be emailed out to the members to educate but not overwhelm.

Handicaps for Tuesday League

Handicaps will be taken from your Golf Canada account. These will be reflected on the golfer's card for each league game and updated each week. Please remember to update your Golf Canada app every time you play! If your account is showing less than 95% scoring you will not be eligible for prizes.

POSTING YOUR SCORES

It is your responsibility to POST your scores in Golf Canada to establish your Handicap for competitions. All scores must be posted in order to reflect your current handicap. The Pro Shop along with your Captain would be happy to assist you in getting familiar with posting your scores.

MAKE IT EASIER by downloading the Golf Canada App on your phone and post from anywhere when you get off the course!

WORLD HANDICAP SYSTEM

The World Handicap System determines the maximum number of strokes a player can post into the computer on any hole, based on the player's course handicap.

The maximum hole score for each player is limited to a **Net Double Bogey** and the **calculation is simple – Par + 2 + any handicap strokes for the hole.**

You need to know:

- **your handicap at the course you are playing, and**
- **the number of handicap strokes you get on each hole.**

A Simple Example:

Your handicap is 36, you get 2 strokes per hole.

On a Par 3 you can record a maximum of 7 = Par 3 + 2 + your 2 strokes.

On a Par 4 you can record a maximum of 8 = Par 4 + 2 + your 2 strokes.

On a Par 5 you can record a maximum of 9 = Par 5 + 2 + your 2 strokes.

If you enter your score as a total, you have to adjust the total for maximum hole scores. If you enter your score hole by hole, the system does it for you. If this is not clear be sure to enter your score hole by hole in Golf Canada so your handicap will be correct.

Course Handicap Table



Alberta Golf
 Highwood Golf - Highwood - Heritage/Mountainview
 Women's - Red

Course Rating™: 70.8 - Slope Rating®: 131 - Par: 72

Handicap Index®	Course Handicap™	Handicap Index®	Course Handicap™
+5.0 to +4.6	+7	23.9 to 24.7	27
+4.5 to +3.8	+6	24.8 to 25.6	28
+3.7 to +2.9	+5	25.7 to 26.4	29
+2.8 to +2.0	+4	26.5 to 27.3	30
+1.9 to +1.2	+3	27.4 to 28.2	31
+1.1 to +0.3	+2	28.3 to 29.0	32
+0.2 to 0.6	+1	29.1 to 29.9	33
0.7 to 1.4	0	30.0 to 30.7	34
1.5 to 2.3	1	30.8 to 31.6	35
2.4 to 3.1	2	31.7 to 32.5	36
3.2 to 4.0	3	32.6 to 33.3	37
4.1 to 4.9	4	33.4 to 34.2	38
5.0 to 5.7	5	34.3 to 35.1	39
5.8 to 6.6	6	35.2 to 35.9	40
6.7 to 7.5	7	36.0 to 36.8	41
7.6 to 8.3	8	36.9 to 37.6	42
8.4 to 9.2	9	37.7 to 38.5	43
9.3 to 10.0	10	38.6 to 39.4	44
10.1 to 10.9	11	39.5 to 40.2	45
11.0 to 11.8	12	40.3 to 41.1	46
11.9 to 12.6	13	41.2 to 42.0	47
12.7 to 13.5	14	42.1 to 42.8	48
13.6 to 14.4	15	42.9 to 43.7	49
14.5 to 15.2	16	43.8 to 44.5	50
15.3 to 16.1	17	44.6 to 45.4	51
16.2 to 16.9	18	45.5 to 46.3	52
17.0 to 17.8	19	46.4 to 47.1	53
17.9 to 18.7	20	47.2 to 48.0	54
18.8 to 19.5	21	48.1 to 48.9	55
19.6 to 20.4	22	49.0 to 49.7	56
20.5 to 21.3	23	49.8 to 50.6	57
21.4 to 22.1	24	50.7 to 51.4	58
22.2 to 23.0	25	51.5 to 52.3	59
23.1 to 23.8	26	52.4 to 53.2	60
		53.3 to 54.0	61

INSTRUCTIONS

* When using the table, find the range containing your Handicap Index® in the left column. Play with the Course Handicap™ which corresponds with it in the right column.

* Please make sure that the tees from which you are playing correspond with the tees for which this table applies.