

## QUALIFYING INFORMATION FOR PLAYERS

### **HOST CLUB**

Dallas Athletic Club  
4111 Dallas Athletic Club Dr.  
Dallas, TX 75228  
[www.dallasathleticclub.org](http://www.dallasathleticclub.org)

**FACE MASKS/COVERINGS:** All players, caddies and spectators are required to provide their own mask and have them available when needed. All players, caddies and spectators are required to fully comply with all club policies at all times. Masks are strongly encouraged any time safe distancing cannot be practiced. See [TGA Championship COVID-19 Guidelines](#) for complete details.

**FORMAT/QUALIFYING PLACES:** 36 holes of individual stroke play qualifying. The field will compete for X qualifying place and 2 alternate positions. Successful qualifiers will be advancing to the U.S. Open Championship. 121<sup>st</sup> U.S. Open Championship to be played June 17-20, 2021 at Torrey Pines GC in San Francisco, Calif.

**PRACTICE ROUND AVAILABILITY:** Please contact Pro Shop to schedule tee times. **Note that practice times on the weekend will be limited.** Dallas Athletic Club: (972)-279-6517. There is a \$20 practice round fee for walking, payable to the club, carts are extra.

**PLAYOFF:** In the event of a tie for the last qualifying places, there will be a hole-by-hole playoff to determine the final qualifiers and the 1st and 2nd alternate if necessary. All announcements regarding the play-off will be made at the public scoreboard/scoring area upon completion of the qualifying round.

**FOOTWEAR:** Shoes with traditionally-designed spikes (regardless of composition, i.e., ceramic, plastic, etc.) or spikes, regardless of design, comprised either entirely or partially of metal (if such metal may come in contact with the course) are prohibited during the stipulated round. Penalty for breach of this condition: DISQUALIFICATION.

**GROOVES:** The players clubs **must conform** to the grooves and punch mark specifications in The Rules of Golf that are effective from January 1, 2010 (see Model Local Rule G2).

**DISTANCE MEASURING DEVICES:** A player may obtain distance information by use of a distance-measuring device. If during the **stipulated round** a player uses the device to gauge or measure other conditions that might effect his play (e.g. elevation changes, wind speed, etc.) the player is in breach of **Rule 4.3**, for which the penalty is Two Strokes and for any subsequent offense of **Rule 4.3 – Disqualification**.

**ONE BALL CONDITION:** As a reminder to all players the “One Ball Condition” is in effect for Qualifying, see Model Local Rule G4.

**EVACUATION PLAN:** In the event of a discontinuance of play during the qualifier, players must adhere to the evacuation plan distributed by the Committee via e-mail.

**STARTING TIMES:** Player Information, Pairings, and Starting Times will be released Wednesday, May 19<sup>th</sup>. Starting times, pairings and complete results can be found by visiting the Texas Golf Association website at [www.txga.org](http://www.txga.org).

**PRACTICE FACILITIES:** All practice facilities will open at 6:00 AM.

**CADDIES:** Caddies are permitted, but must be provided by the player. Caddies are required to fully comply with all club policies at all times.

**GOLF SHOP/LOCKER ROOM/PRACTICE AREAS:** Players will have limited access to locker room and clubhouse facilities. Players are required to fully comply with all club policies.

# U.S. Open Final Qualifying

Dallas Athletic Club | Dallas, TX

May 24, 2021



in association with



**FOOD SERVICE:** Food and Beverage will be available for **CASH purchase only**. **No credit cards will be accepted.** The Royal Room and 19<sup>th</sup> Hole will be reserved for players and caddies. There will be complimentary continental breakfast comprised of fruit and danishes available for players. Players and Caddies will be able to purchase a lunch buffet for \$22 (inclusive) at the Royal Room in between round. Any spectators wishing to purchase food and beverages will be able to do so at the 9 ½ Grill located on the back side of the clubhouse.

## OFFICIALS IN CHARGE:

Bill Hanley/Blue Course

214-908-0408

[robertsadv@charter.net](mailto:robertsadv@charter.net)

Jeff Kinsel/Gold Course

817-793-1179

[jkinsel@canteyhanger.com](mailto:jkinsel@canteyhanger.com)

<u>Name</u>	<u>City, State or Country</u>	<u>Name</u>	<u>City, State or Country</u>
Amat, Bastien	<i>Albuquerque, New Mexico</i>	Long, Luke	<i>Fayetteville, Arkansas</i>
Arend, Will	<i>The Woodlands, Texas</i>	Lopez Chacarra, Eugenio	<i>Spain</i>
Barco, Luis Fernando	<i>Peru</i>	Lopez Rivarola, Jaime	<i>Athens, Georgia</i>
Barjon, Paul	<i>Benbrook, Texas</i>	Mahan, Hunter	<i>Dallas, Texas</i>
Bolen, David	<i>Lubbock, Texas</i>	Mandur, Tristan	<i>Saltlake City, Utah</i>
Brenchley, Max	<i>Alpine, Utah</i>	Markham, Jackson	<i>Dallas, Texas</i>
Buckley, Paul	<i>Republic of Ireland</i>	McBride, Jake	<i>Hartville, Ohio</i>
Burgoon, Bronson	<i>The Woodlands, Texas</i>	McCaslin, Benjamin	<i>Dallas, Texas</i>
Carmona, Mario	<i>Houston, Texas</i>	McCoy, Calvin	<i>Highlands Ranch, Colorado</i>
Casullo, Marc	<i>Canada</i>	McDowell, Graeme	<i>Orlando, Florida</i>
Chalmers, Greg	<i>COLLEYVILLE, Texas</i>	McGreevy, Max	<i>Dallas, Texas</i>
Chin, John	<i>Temecula, California</i>	Meissner, McClure	<i>San Antonio, Texas</i>
Clouse, Alex	<i>Flower Mound, Texas</i>	Metzger, Andre	<i>Scottsdale, Arizona</i>
Coe-Kirkham, Kirby	<i>Sheridan, Wyoming</i>	Moore, Eric	<i>Canyon, Texas</i>
Cole, Eric	<i>Delray Beach, Florida</i>	Murdock IV, John	<i>Laramie, Wyoming</i>
Cook, Austin	<i>Jonesboro, Arkansas</i>	Murphy, Mac	<i>Decatur, Alabama</i>
Davis, Denver	<i>Fayetteville, Arkansas</i>	Novak, Andrew	<i>Saint Simons Island, Georgia</i>
Diomedede, Logan	<i>Argyle, Texas</i>	Ortiz, Alvaro	<i>Dallas, Texas</i>
Dwyer, Brian	<i>Southlake, Texas</i>	Ortiz, Carlos	<i>Dallas, Texas</i>
Eckroat, Austin	<i>Edmond, Oklahoma</i>	Pak, John	<i>Scotch Plains, New Jersey</i>
Fang, Ethan	<i>Plano, Texas</i>	Perez, Patrick	<i>Scottsdale, Arizona</i>
Fey, Garrett	<i>Dallas, Texas</i>	Perras, Michael	<i>Pasadena, Texas</i>
Flanagan, Nicholas	<i>San Antonio, Texas</i>	Petefish, Chris	<i>Cumming, Georgia</i>
Flynn, Charlie	<i>Alexandria, Louisiana</i>	Picon, Carlo	<i>Mexico</i>
Gibson, Rhein	<i>Edmond, Oklahoma</i>	Piercy, Scott	<i>Las Vegas, Nevada</i>
Gooch, Talor	<i>Edmund, Oklahoma</i>	Pieters, Thomas	<i>Belgium</i>
Goodwin, Noah	<i>Corinth, Texas</i>	Polhill, Brock	<i>Edmond, Oklahoma</i>
Gore, Jason	<i>Gladstone, New Jersey</i>	Quevedo, Javier	<i>El Paso, Texas</i>
Gough, Conor	<i>Charlotte, North Carolina</i>	Rein, Jeffrey	<i>Cibolo, Texas</i>
Grinberg, Lev	<i>Reunion, Florida</i>	Reppe, Mark	<i>Dallas, Texas</i>
Gunerman, Joseph	<i>Dallas, Texas</i>	Riley, Davis	<i>plano, Texas</i>
Gupta, Aman	<i>Concord, North Carolina</i>	Romero, Andres	<i>Humble, Texas</i>
Hack, Jhared	<i>Las Vegas, Nevada</i>	Rosenmüller, Thomas	<i>Germany</i>
Heidrick, Sean	<i>McKinney, Texas</i>	Schenk, Adam	<i>Ponte Vedra, Florida</i>
Hickok, Kramer	<i>Dallas, Texas</i>	Schmid, Matthias	<i>Germany</i>
Hoemann, Matthew	<i>Washington, Missouri</i>	Seiffert, Chase	<i>Panama City Beach, Florida</i>
Hogan, Kyle	<i>Lubbock, Texas</i>	Sharpstene, Matthew	<i>Asheville, North Carolina</i>
Holcomb V, William	<i>Crockett, Texas</i>	Shindler, Conrad	<i>Dallas, Texas</i>
Howell, Hunter	<i>Odessa, Florida</i>	Shong, Brandon	<i>Australia</i>
Hudson, Robert	<i>Dallas, Texas</i>	Smith, Brandon	<i>Frisco, Texas</i>
Jelley, Brendon	<i>Tulsa, Oklahoma</i>	Sokolis, Tyler	<i>Doylestown, Pennsylvania</i>
Jin, Bo	<i>Encinitas, California</i>	Springer, Hayden	<i>Trophy Club, Texas</i>
Jones, Matt	<i>Scottsdale, Arizona</i>	Stallings, Scott	<i>Knoxville, Tennessee</i>
Jones, Zakary	<i>Spring, Texas</i>	Stanger, Jimmy	<i>Jacksonville, Florida</i>
Kaufman, Smylie	<i>Birmingham, Alabama</i>	Stark, Brian	<i>Kingsburg, California</i>
Kim, Michael	<i>Addison, Texas</i>	Stefani, Shawn	<i>Mont Belvieu, Texas</i>
Kim, Peter	<i>Draper, Utah</i>	Strasheim, Steven	<i>Las Cruces, New Mexico</i>
Kim, Si Woo	<i>Lewisville, Texas</i>	Thayer, Chris	<i>Golden, Colorado</i>
Kraft, Kelly	<i>Dallas, Texas</i>	Thompson, Davis	<i>Saint Simons, Georgia</i>
Kuchar, Matt	<i>St. Simons Island, Georgia</i>	Thornberry, Braden	<i>Olive Branch, Mississippi</i>
Lewis, Zane	<i>Sanford, North Carolina</i>	Turner, Jerod	<i>Aledo, Texas</i>

<u>Name</u>	<u>City, State or Country</u>	<u>Name</u>	<u>City, State or Country</u>
Tyler, Nathan	<i>Mesquite, Texas</i>		
Veerman, Johannes	<i>Sugar Land, Texas</i>		
Vick, Travis	<i>Hunters Creek Village, Texas</i>		
Walker, Mark	<i>Celina, Texas</i>		
Walsh, Sean	<i>Keller, Texas</i>		
Watkins, Matthew	<i>Heath, Texas</i>		
Watney, Nick	<i>Incline Village, Nevada</i>		
Weir, Mike	<i>Sandy, Utah</i>		
Westmoreland, Kyle	<i>Mount Pleasant, South Carolina</i>		
Wu, Brandon	<i>Scarsdale, New York</i>		
Yellin, Greg	<i>El Paso, Texas</i>		
Young, Carson	<i>Pendleton, South Carolina</i>		
Zhang, Xinjun	<i>Cypress, Texas</i>		

# U.S. Open Final Qualifying

Dallas Athletic Club (Blue Course) | Dallas, TX

May 24, 2021



## Approximate Yardages

The hole numbers and yardages depicted below, as well as those on the Official USGA Scorecard, are indicative of the approximate maximum/minimum yardages for the qualifying. The qualifying round will be contested from these distances, or a location forward of the listed yardage. Note that this yardage will fluctuate based on the proximity and only provides a general estimate.

<b>Front 9</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<i>OUT</i>
Par	4	4	5	3	4	4	3	4	4	35
Tee	485	410	580	210	426	386	195	359	389	3440

  

<b>Back 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<i>IN</i>	<b>TOTAL</b>
Par	4	4	4	5	3	4	3	4	4	35	70
Tee	490	370	351	534	173	396	187	449	428	3378	6818

Course Rating/Slope: 77.5/141

# U.S. Open Final Qualifying

Dallas Athletic Club (Gold Course) | Dallas, TX

May 24, 2021



## Approximate Yardages

The hole numbers and yardages depicted below, as well as those on the Official USGA Scorecard, are indicative of the approximate maximum/minimum yardages for the qualifying. The qualifying round will be contested from these distances, or a location forward of the listed yardage. Note that this yardage will fluctuate based on the proximity and only provides a general estimate.

<b>Front 9</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<i>OUT</i>
Par	4	3	5	4	3	4	4	4	4	35
Tee	415	190	520	460	230	450	420	350	393	3428

  

<b>Back 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<i>IN</i>	<b>TOTAL</b>
Par	4	5	4	5	4	3	4	3	5	37	72
Tee	395	520	382	543	412	160	425	195	620	3652	7080

Course Rating/Slope: 75.0/140

## USGA PACE OF PLAY POLICY

### Summary

When a group is out of position at any check-point the players in the group are subject to penalty under the USGA Pace of Play Policy. Players in a group that has missed one or more check-points will be subject to penalty according to the following schedule of penalties pending final determination of whether a breach or breaches of this policy have occurred:

Check-points will be on completion (flagstick in the hole) of the 9<sup>th</sup> and 18<sup>th</sup> holes.

1<sup>st</sup> missed check-point – subject to one (1) penalty stroke

2<sup>nd</sup> missed check-point – subject to additional two (2) penalty strokes; total of three (3) penalty strokes for the round

### Maximum Allowable Time

Play is in groups of three (3). Each group is allotted 2 hours and 20 minutes to complete holes 1 through 9 and 2 hours and 21 minutes to complete holes 10 through 18, plus turn time (5 minutes for 9 to 10) and 5 minutes for 18 to 1) at a pace in accordance with the time chart below. When a group falls behind – regardless of reason – it must regain its position. Time for ball searches, rulings and walking or shuttle time between holes is included in the allotted time.

### Definition of “Out of Position” – Stroke Play

**First Group:** The first group (off the 1<sup>st</sup> and 10<sup>th</sup> holes) is out of position if they take more than the allotted time to finish a check-point hole; see below check-point time table.

**Following Groups:** A following group is out of position if they:

- a) take more than the allotted time to finish a check-point hole; and
- b) complete play of a check-point hole more than 14 minutes after the preceding group completed play of that hole.

Time charts outlining the time per hole, including the finish times for the check-point holes are below.

Check-points: Play of the hole must be completed in the following amount of time, groups of three (3):

Check-points:	1 <sup>st</sup> / 2 <sup>nd</sup>
Hole 1 Start	2:20 / 4:41 total
Hole 10 Start	2:21 / 4:41 total

### Group Out of Position

When a group is out of position at a check-point, they will be notified by a member of the Rules Committee. When a group has been notified of a missed check-point, that group is expected to regain its position before reaching the next check-point. If that group reaches the next check-point out of position, each player in the group may incur the applicable penalty for a breach of this policy. Any group that is out of position may be monitored by a member of the Rules Committee.

A player concerned about a non-responsive (slow) player in their group, who is delaying play, may request a Rules Committee member to monitor the group in case the group is or becomes liable to penalty under these guidelines.

### Final Determination Regarding Break and Review Process

Before returning their scorecard, a player who is subject to penalty during their round may consult with the Rules Committee to determine if they have incurred a penalty under this policy. The Rules Committee will determine that a player who has been found to be out of position is not in breach of this policy only if:

- a) the player was delayed by the Rules Committee; or
- b) the player was delayed by a circumstance beyond the control of the player of their group; or
- c) the player was delayed by another player in the group.

A player who was out of position during their round and who elects not to consult with the Rules Committee to determine whether they were in breach of this policy is deemed to be in breach of this policy and incurs a penalty or penalties according to the above schedule of penalties. If a player or group incurs a penalty or penalties, they are applied to the check-point hole(s) where the breach occurred.

## **USGA PACE OF PLAY POLICY**

### **Summary**

When a group is out of position at any check-point the players in the group are subject to penalty under the USGA Pace of Play Policy. Players in a group that has missed one or more check-points will be subject to penalty according to the following schedule of penalties pending final determination of whether a breach or breaches of this policy have occurred:

Check-points will be on completion (flagstick in the hole) of the 9<sup>th</sup> and 18<sup>th</sup> holes.

1<sup>st</sup> missed check-point – subject to one (1) penalty stroke

2<sup>nd</sup> missed check-point – subject to additional two (2) penalty strokes; total of three (3) penalty strokes for the round

### **Maximum Allowable Time**

Play is in groups of three (3). Each group is allotted 2 hours and 22 minutes to complete holes 1 through 9 and 2 hours and 25 minutes to complete holes 10 through 18, plus turn time (5 minutes for 9 to 10, and 18 to 1) at a pace in accordance with the time chart below. When a group falls behind – regardless of reason – it must regain its position. Time for ball searches, rulings and walking or shuttle time between holes is included in the allotted time.

### **Definition of “Out of Position” – Stroke Play**

**First Group:** The first group (off the 1<sup>st</sup> and 10<sup>th</sup> holes) is out of position if they take more than the allotted time to finish a check-point hole; see below check-point time table.

**Following Groups:** A following group is out of position if they:

- a) take more than the allotted time to finish a check-point hole; and
- b) complete play of a check-point hole more than 14 minutes after the preceding group completed play of that hole.

Time charts outlining the time per hole, including the finish times for the check-point holes are below.

Check-points: Play of the hole must be completed in the following amount of time, groups of three (3):

<b>Check-points:</b>	<b>1<sup>st</sup> / 2<sup>nd</sup></b>
Hole 1 Start	2:22 / 4:47 total
Hole 10 Start	2:25 / 4:47 total

### **Group Out of Position**

When a group is out of position at a check-point, they will be notified by a member of the Rules Committee. When a group has been notified of a missed check-point, that group is expected to regain its position before reaching the next check-point. If that group reaches the next check-point out of position, each player in the group may incur the applicable penalty for a breach of this policy. Any group that is out of position may be monitored by a member of the Rules Committee.

A player concerned about a non-responsive (slow) player in their group, who is delaying play, may request a Rules Committee member to monitor the group in case the group is or becomes liable to penalty under these guidelines.

### **Final Determination Regarding Break and Review Process**

Before returning their scorecard, a player who is subject to penalty during their round may consult with the Rules Committee to determine if they have incurred a penalty under this policy. The Rules Committee will determine that a player who has been found to be out of position is not in breach of this policy only if:

- a) the player was delayed by the Rules Committee; or
- b) the player was delayed by a circumstance beyond the control of the player of their group; or
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A player who was out of position during their round and who elects not to consult with the Rules Committee to determine whether they were in breach of this policy is deemed to be in breach of this policy and incurs a penalty or penalties according to the above schedule of penalties. If a player or group incurs a penalty or penalties, they are applied to the check-point hole(s) where the breach occurred.



## EVACUATION PLAN: STOPPING AND RESUMING PLAY

### Stopping and Resuming Play

An immediate suspension will be signaled by one prolonged airhorn note. All other types of suspension will be signaled by three consecutive airhorn notes. Resumption of play will be signaled by two short airhorn notes.

- **Immediate Suspension (Imminent Danger):** One prolonged airhorn note. All players must stop play at once and must not make another stroke until the Committee Resumes Play. See Rule 5.7b(1).
- **Normal Suspension (Darkness or Unplayable Course Conditions):** Three consecutive airhorn notes. If all players in the group are between two holes, they must stop play and must not make a stroke to begin another hole until the Committee resumes play. If any player in the group has started a hole, the players may choose either stop play or to play out the hole. See Rule 5.7b(2).
- **Resuming Play:** Two short airhorn notes. See Rule 5.7c.

Local Rule as prescribed in Section 8 of the Committee Procedures is in effect. Model Local Rule J-1.

### *Penalty for Breach of Rule 5.7b and Rule 5.7c – Disqualification*

### Practice Areas

- **Immediate Suspension (Dangerous Situation):** All practice facilities are closed during an immediate suspension for a dangerous situation until the Committee has declared them open. Players who practice on closed practice areas will be asked to stop practicing; failure to stop practicing may result in disqualification.
- **Normal Suspension:** Players may practice as the Committee provides.

### Evacuation Procedure

- **Immediate Suspension (Dangerous Situation):** Players must immediately evacuate to the listed locations.
- **Normal Suspensions:** Unless otherwise instructed by the Committee, players are to proceed to the listed locations.

### Where to Evacuate and Pick-Up Areas

Hole 1: walk in	Hole 10: walk in
Hole 2: walk in	Hole 11: carts #12 green
Hole 3: carts #3 green	Hole 12: carts #12 green
Hole 4: carts #3 green	Hole 13: carts #12 green
Hole 5: walk in	Hole 14: carts #16 tee
Hole 6: walk in	Hole 15: carts #16 tee
Hole 7: walk in	Hole 16: carts #16 tee
Hole 8: carts #8 green	Hole 17: carts #16 tee
Hole 9: walk in	Hole 18: walk in

- **Other on Course Shelters and Restrooms:** #5 tee/#16 tee
- **Clubhouse Evacuation Rooms:** Main dining room, pro shop, 19<sup>th</sup> hole or other areas designated by the Committee

## EVACUATION PLAN: STOPPING AND RESUMING PLAY DALLAS ATHLETIC CLUB – GOLD COURSE

### Stopping and Resuming Play

An immediate suspension will be signaled by one prolonged airhorn note. All other types of suspension will be signaled by three consecutive airhorn notes. Resumption of play will be signaled by two short airhorn notes.

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- **Normal Suspension (Darkness or Unplayable Course Conditions):** Three consecutive airhorn notes. If all players in the group are between two holes, they must stop play and must not make a stroke to begin another hole until the Committee resumes play. If any player in the group has started a hole, the players may choose either stop play or to play out the hole. See Rule 5.7b(2).
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- **Normal Suspension:** Players may practice as the Committee provides.

### Evacuation Procedure

- **Immediate Suspension (Dangerous Situation):** Players must immediately evacuate to the listed locations.
- **Normal Suspensions:** Unless otherwise instructed by the Committee, players are to proceed to the listed locations.

### Where to Evacuate and Pick-Up Areas

Hole 1: walk to clubhouse

Hole 2: use carts at north end of driving range

Hole 3: use carts behind 4/7 tees

Hole 4: use carts near Restroom

Hole 5: use carts near Restroom

Hole 6: use carts behind 4/7 tees

Hole 7: use carts near Restroom

Hole 8: walk to clubhouse

Hole 9: walk to clubhouse

Hole 10: walk to clubhouse

Hole 11: walk to clubhouse

Hole 12: walk to clubhouse

Hole 13: use carts behind 14 tee

Hole 14: walk to clubhouse

Hole 15: use carts near Restroom

Hole 16: use carts behind 17 tee

Hole 17: use carts behind 17 tee

Hole 18: walk clubhouse

- **Other on Course Shelters and Restrooms:** n/a
- **Clubhouse Evacuation Rooms:** Main dining room, pro shop or other areas designated by the Committee

## SUGGESTIONS TO STAY HYDRATED DURING PLAY

**If there is a medical emergency, please find someone with a radio or call 911.**

### GENERAL PRECAUTIONS

- Players and Spectators should be prepared to protect themselves from the heat. Players and spectators should bring umbrellas, nutritional snacks, sunscreen, light colored clothing, hats, etc.
- If you experience weakness, headache, trouble concentrating, nausea, muscle cramping or other symptoms in the heat, seek medical attention immediately.

### BEFORE THE START OF ACTIVITY

- It's important to make sure you're well hydrated during the few days leading up to your long activity day.
- An hour before you start your activity, try to drink about 16 ounces of water or other non-caffeinated fluid.
- Staying hydrated is critical to your performance and, more importantly, for preventing heat-related illnesses. Dehydration in athletes may lead to fatigue, headaches, decreased coordination, and muscle cramping. Other heat-related illnesses, such as heat exhaustion and heatstroke, have even more serious consequences. Athletes need to pay attention to what and how much you are drinking before, during and after activity.
- Make sure you're hydrated before you start your golf game, you should drink another 4 to 8 ounces' right before you start.

### DURING THE ACTIVITY

- A general rule of thumb for fluid consumption during your golf game: You should take in 4 to 6 ounces of fluid every 20 minutes during your physical activity.
- Some of your fluid intake should include a sports drink to replace lost sodium and other minerals (electrolytes). The carbohydrates and electrolytes in the sports drink also can help you absorb the fluids faster.

**Pre-hydrate yourself before, hydrate during, and after your golf game!**

### WHAT TO EAT BEFORE A ROUND OF GOLF

- Eat lightly in the two hours leading up to tee time. Food in your digestive system diverts blood away from your brain and muscles, affecting concentration and physical performance. A meal approximately 1 ½ to 2 hours prior to play is ideal.
- Eat high quality complex carbohydrates; keep protein and fat intakes moderate since these slow down digestion. Eat slow and chew well.
- Drink pure water to adequately hydrate. Also, fresh fruits are great source of nutrition as well hydration source. However, never drastically alter your normal eating patterns prior to competition.

### WHAT TO EAT DURING A ROUND OF GOLF

- Take a mix of dried fruit and nuts. Eat just small amounts throughout the round to keep energy and concentration levels regulated. Organic nutrition bars are a convenient snack that can help keep blood sugar levels steady. Avoid the high glycemic varieties.
- Sip water regularly, especially on hot days where you sweat more.

### WHAT TO EAT AFTER A ROUND OF GOLF

- Consume a combination of protein and carbohydrate-rich foods and drinks as soon as possible after your round to replenish glycogen stores and replace fluids that have been lost.
- Replace potassium or sodium that has been lost during competition by using foods. Fruits and vegetables are excellent sources of potassium.