



Golf Saskatchewan

Championship Yardages | WHS Indexes | Age Eligibility

Goals of our provincial championships:

1. Crown provincial champion(s), awarding gold, silver, and bronze medals for (1st, 2nd, 3rd).
2. Determine team and quota spots in for preparation for the Golf Canada national championship(s).
3. Ensure participants have fun while being challenged on quality venues under proper conditions.

Junior Championships: * Date to calculate age: Aug. 1, of the calendar year unless otherwise indicated.

Age Group	Eligibility	JR Women Yardage	WHS Index Golf SK / Golf Canada	JR Men Yardage	WHS Index Golf SK / Golf Canada
Under-19 (Junior)	18 or less	5,800 – 6,000	17.4 / 17.4	6,300 – 6,650	10.0 / 10.0
Under-17 (Juvenile)	16 or less	5,800 – 6,000	17.4 / 17.4	6,300 – 6,650	10.0 / 10.0
Under-15 (Bantam)	14 or less	5,800 – 6,000 * (new National Championship)	24.0 / 24.0	5,800 – 6,299 (new National Championship)	18.0 / 18.0
Under-13	12 or less	5,400 – 5,600	24.9 / *see above	5,400 – 5,800	20.0 / *see above
Junior-Junior	Age: 10-12	100 - 300 yards per hole	N/A	100 - 300 yards per hole	N/A
Junior-Junior	Age: 7-9	100 - 300 yards per hole	N/A	100 - 300 yards per hole	N/A

* **Junior (U19):** competition is open to junior aged amateur golfers who have not reached their 19th birthday by Aug. 1.

* **Juvenile (U17):** competition is open to junior aged amateur golfers who have not reached their 17th birthday by Aug. 1.

* **Bantam(U15):** competition is open to junior aged amateur golfers who have not reached their 15th birthday by Aug. 1.

* You may play up an age category, but player will play the corresponding yardage and meet the WHS Index requirement.

* Championship yardages are dependent on the host course, forecasted weather conditions, and updated championship criteria (*).

Amateur | Mid-Amateur | Senior Championships (and other):

Age Group	Eligibility	WHS Index Golf SK	WHS Index Golf Canada	Yardage of event	Golf Canada Yardage	Date to calculate age in 2026
Women's Events						
Amateur Women	All ages	14.9 or less	10.0 or less	5,900 - 6,200	6,200 – 6,450	July 21
Mid-Am Women	25+	14.9 or less	12.0 or less	5,800 - 6,000	5,600 – 5,900	August 4
Senior Women	50+	19.9 or less	16.4 or less	5,300 - 5,600	5,400 – 5,600	Sept. 15
Mae Balmos Women	60+	19.9 or less	16.4 or less	5,300 - 5,600	5,400 – 5,600	Sept. 15
Senior Women Forward Tee (*)	All ages	15.0 to 24.9	N/A	up to 5,300	N/A	Sept. 15
Rosebowl (4-Ball)	19+	15.0 and up	N/A	up to 5,300	N/A	Aug. 18
Men's Events						
Amateur Men	All ages	5.0 or less	2.4 or less	Up to max yardage	6,400 – 7,200	July 25
Mid-Am Men	25+	9.9 or less	5.0 or less	Up to max yardage	6,400 – 6,800	Aug. 17
Mid Master Men	40+	9.9 or less	5.0 or less	Up to 6,500	6,400 – 6,800	Aug. 17
Senior Men	55+	15.9 or less	12.0 or less	Up to 6,500	6,200 – 6,500	Sept. 7
Super Senior Men (GC)	65+	15.9 or less	12.0 or less	Up to 6,500	6,200 – 6,500	Sept. 7
Senior Men GSK (*)	55+	up to 24.9 *	N/A	Up to 6,100	N/A	July 24
Super Senior Men GSK(*)	65 to 74	up to 24.9 *	N/A	Up to 6,100	N/A	July 24
Legends Men GSK (*)	75+	up to 24.9 *	N/A	Up to 6,100	N/A	July 24

* **Date to calculate age: Day 1 of the corresponding Golf Canada National Championship.**

* No minimum age for an Amateur Championships unless indicated.

* If player meets the WHS Index requirement and plays the corresponding championship yardage.

* Championship yardages are dependent on the host course and forecasted weather conditions.

* Senior or Super Senior Men & Legends Men categories, playing the shorter yardages are **not eligible** for the Overall Title.

* Any player, using the shorter tees, **can not** qualify for nationals/quota spots/ or receive National Athlete Assistance Subsidy.

* If playing shorter yardage, the date to calculate the eligible age group is day 1 of the provincial event.

* **NOTE:** If an event is not filled, a player with a higher handicap index **may be allowed** into a championship event.

→ Please contact the Golf Saskatchewan Office