

56th SINGAPORE NATIONALS & 11th NATIONAL YOUTH CHAMPIONSHIPS 2026
19 NOVEMBER - 29 NOVEMBER 2026
MIXED SENIORS HANDICAP CHART



BIRTH YEAR	AGE	MEN'S SENIOR	WOMEN'S SENIOR
1976	50	0	15
1975	51	0	15
1974	52	0	15
1973	53	0	15
1972	54	0	15
1971	55	1	16
1970	56	2	17
1969	57	3	18
1968	58	4	19
1967	59	5	20
1966	60	6	21
1965	61	7	22
1964	62	8	23
1963	63	9	24
1962	64	10	25
1961	65	11	26
1960	66	12	27
1959	67	13	28
1958	68	14	29
1957	69	15	30
1956	70	16	31
1955	71	17	32
1954	72	18	33
1953	73	19	34
1952	74	20	35
1951	75	21	36
1950	76	22	37
1949	77	23	38
1948	78	24	39
1947	79	25	40
1946	80	26	41
1945	81	27	42
1944	82	28	43
1943	83	29	44
1942	84	30	45
1941	85	31	46