



ALABAMA GOLF ASSOCIATION

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TO: 2018 U.S. Girls' Junior Championship Sectional Qualifying Contestants at Montgomery, AL
FROM: Brian Scheufler, Alabama Golf Association
DATE: January 1, 2018
TOPIC: Montgomery Country Club, Montgomery, AL Sectional Qualifying Contestant Information

Please review the following information for the U.S. Girls' Junior Championship Sectional Qualifying on June 28, 2018 at Montgomery Country Club in Montgomery, AL. Please remember that we are guests of the club and we must conduct ourselves in an appropriate manner. Call me at 205-979-1234 or email: brian@alabamagolf.org if you have any questions.

New Grooves Rule Condition of Competition in Effect for U.S. Girls' Junior Qualifying Round Contestants

In the Sectional Qualifying round and in the Championship proper, the player's clubs must conform to the groove specifications in the Rules of Golf that are effective from January 1, 2010. The condition of competition is available for review on the U.S. Girls' Junior Championship entry application. The USGA and R&A have created a reference resource called the Informational Club Database to assist golfers in determining whether their irons, hybrids and fairway woods comply with the New Grooves Rule Specifications. For information about and to access the database, please use the following link: <http://www.usga.org/InfoClubsDB/intro.html>

*Penalty for Carrying, But Not Making Stroke with, Club or Clubs in Breach of Condition: Two strokes for each hole at which any breach occurred; maximum penalty per round – Four strokes.

*Penalty for Making Stroke with Club in Breach of Condition: Disqualification

Distance Measuring Devices

In the Sectional Qualifying round and in the Championship proper, a player may obtain distance information by use of a distance-measuring device. If, during a stipulated round, a player uses a distance-measuring device to gauge or measure other conditions that might affect his play (e.g., elevation changes, wind speed, etc.), the player is in breach of Rule 14-3. For more information, visit www.usga.org/dmd.

Accidental Movement of a Ball on the Putting Green

When a player's ball lies on the putting green, there is no penalty if the ball or ball-marker is accidentally moved by the player, his partner, his opponent, or any of their caddies or equipment. The moved ball or ball-marker must be replaced. **Note:** If it is determined that a player's ball on the putting green was moved as a result of wind, water or some other natural cause such as the effects of gravity, the ball must be played as it lies from its new location. A ball-marker moved in such circumstances is replaced.

Transportation (Players and Caddies Required to Walk)

Players and caddies must not ride on any form of transportation during a stipulated round unless authorized by the Committee. The optional condition prescribed in Appendix I of The Rules of Golf is in effect. Players may carry their own bag during the qualifying round or provide their own caddie. **Pull-carts are allowed.**

Caddies

A player may provide her own caddie. Caddies are not available at Montgomery CC.

Exception: A player may **NOT** use a parent, step parent, or guardian as a caddie during Qualifier or the Championship proper.

Qualifier Website, Starting Times and Scoring

<http://www.alabamagolf.org/2018-usga-qualifying>

Starting Time

Please click the below link for your starting time on Thursday, June 28.

<https://www.ghintpp.com/bamagolf/TPPOnlineScoring/Pairings.aspx?id=408>

Format and 18-Hole Cut

U.S. Girls Junior Championship Sectional Qualifying round is 18 holes of stroke play.

USGA Policies

The USGA prohibits the use of cellular phones during qualifying and championship rounds. Also, the USGA does not allow spectator carts or spectators to ride in a caddie cart during qualifying rounds or the championship proper. Traditional metal spikes are **NOT** allowed (the penalty for non-compliance is disqualification). The "One-Ball" rule will be in effect. USGA Hard Card rules sheet is available online at:

http://www.alabamagolf.org/Images/alabamagolf/documents/2018_USGA_Hard_Card_Final_.pdf

Montgomery Country Club Information

GPS Address: 3001 Narrow Lane Rd, Montgomery, AL 36106

PGA Golf Professional: Wade Hamilton; Superintendent: Jeremy Sutton

Golf Shop Phone: (334) 264-7198. Golf Shop Hours: 7:30am-6:00pm

Practice Facility Hours: 7:00am-6:00pm; Website: <http://www.montgomerycountryclub.com/>

Dress Code: Shirts must have collars and be tucked-in; shorts are allowed but must be Bermuda length, and no denim. The policy is for both players and caddies.

Accepted Forms of Payment: MasterCard, Visa, Discover, American Express for golf shop and food & beverage. No Cash.

Directions to Montgomery Country Club

<https://goo.gl/maps/uEXXjXLyEd22>

Lodging

There are a number of hotels near the course.

<https://www.google.com/maps/search/hotels+near+narrow+lane,+Montgomery,+AL/@32.349231,-86.3060692,13z?hl=en>

Practice Round and Qualifying Round Fees

You are entitled to one practice round on June 27, 2017. There is a mandatory \$25.00 fee for the practice round. You must call the Montgomery CC golf shop in advance to schedule a practice round tee time. Please do not just show-up and expect to be accommodated for a practice round without calling first. Make sure to identify yourself as a U.S. Girls Junior Championship qualifier participant.

On the qualifying days, there are no other fees are due to the host club. Range balls are complimentary.

Food and Beverage

The club will have food and beverage service available at the grill.

Qualifying Spots and Playoffs

An on-course playoff is used to determine the last qualifying spot or an alternate position. Holes to be used will be determined by the Committee based on availability and daylight. Players are responsible for making themselves available at the scoreboard for playoff instructions.

Course Yardage (Course Rating: 71.5/129) Note: Yardage is subject to change.

Hole	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Total
Yardage	379	152	371	172	510	397	389	367	320	3057	389	149	471	401	160	280	383	343	378	2954	6011
Par	4	3	4	3	5	4	4	4	4	35	4	3	5	4	3	4	4	4	4	35	70

Qualifying Schedule

Wednesday, June 27

Tee times available for practice round. Call golf shop in advance for a starting time.

Thursday, June 28

Qualifying Round: 18 holes of stroke play.

Playoffs for qualifying spots and alternates immediately following play.

Friday, June 29

Rain Date (if necessary)

Withdrawals

Contact the USGA Championship Administration Department at 908-234-2300 or go to <http://champwithdrawals.usga.org/> to officially withdraw.

Pace of Play Policy

A group that is out of position will be advised of the situation and the individuals may be timed. Your AGA issued score card will have the acceptable pace of play per hole printed on it.

- Any competitor who is discovered taking more than 40 seconds to play a stroke is subject to a warning for slow play and will be advised of the fact.
- The competitor will be notified that exceeding 40 seconds on one more occasion will result in a penalty of one stroke in stroke play or loss of hole in match play. A third violation will result in a two stroke penalty in stroke play or loss of hole in match play, followed by disqualification for a fourth violation.
- A warning is any notice given to a competitor regarding pace of play.
- A competitor's time to play begins when the competitor has had a reasonable opportunity to reach his or her ball and when it is the competitor's turn to play and can do so without interference or distraction. Penalties are applied individually, but more than one competitor in a group may be penalized.
- In general, competitors in a group are subject to being timed at any time but specifically when the group is deemed to be out of position and over the allotted pace of play guidelines.

Note that a group that is out of position at any time may be asked to close the gap regardless of pace of play guidelines. A group is out of position if they are over their maximum acceptable pace of play and more than 15 minutes behind the group ahead of them. The first group off either side is out of position if they are over their maximum acceptable pace of play.

Important Phone Numbers

Montgomery Country Club 334-263-9308

United States Golf Association 908-234-2300

Alabama Golf Association 205-979-1234

Hydration Awareness

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

SUGGESTIONS TO STAY HYDRATED DURING PLAY

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.