

Know your carry distances

A blank shot log for your own measurements. Carry is where the ball first lands.

Name: _____ Date: _____ Units: yards / metres

Location / device: _____ Ball model / range ball: _____

Wind / temperature: _____ Lie: mat / grass Device mode: _____

1. Measure a useful starting sample

Warm up, then use a comfortable normal swing. Record five measured carries per club. Keep normal misses in the sample. Flag unusual shots in the notes; repeat on another day. Use the same unit and conditions throughout. A range-ball or simulated result may differ from your course ball outdoors. Ask the operator whether the device normalises distance.

2. Fill in the log

List clubs from longest to shortest. Median = the middle value after sorting five carries. Low-high = the shortest and longest of these shots, not a guaranteed future range. Gap = the median in the row above minus this row's median. Leave the first gap blank.

Club / swing	Carry 1	Carry 2	Carry 3	Carry 4	Carry 5	Median	Low-high	Gap

Notes: common miss, excluded shot reason, clubs to recheck

Five shots are a starting sample. Recheck over several sessions before relying on the numbers. Print extra copies for more clubs or partial wedge swings. Do not use longest-ever shots as stock carry.

Take your numbers to the course

Copy the measured carries you can repeat. Keep your shot log for context.

3. Make a pocket card

Copy your club name, median carry and the range seen in your session. Date the card.

Fold or cut around the outline. Leave room in your decisions for normal distance variation.

MY CARRY CARD

Date: _____ Units: yd / m

Club / swing	Median	Low-high

Conditions: _____

MORE CLUBS / WEDGE SHOTS

Date: _____ Units: yd / m

Club / swing	Median	Low-high

Conditions: _____

4. Use the card with today's conditions

Check the lie, wind, temperature, elevation and landing area before choosing a club.

Carry and total distance are different: bounce and roll depend on the surface.

If a hazard needs a forced carry, a five-shot sample is not a safety margin.

Choose a more comfortable route when the carry or likely miss is uncertain.

What to practise or discuss with a coach

Two clubs with similar carry: _____

A gap or partial shot I need to practise: _____

Normal miss / pattern to remember: _____

Next recheck date and conditions: _____

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