

2026 FCO Palmyra (Orange) Players Guide

2026 FCO Palmyra (Black) Players Guide



Version 12





Welcome back!

Palmyra Parks and Recreation

with the

Palmyra Flying Disc Club Have been busy since the last FCO!



5th Year and it's
Supersized!!!
5 new holes plus
4 Supersized
Combos!!

13 Differences
between
a/b pools



Flower City Open
WhatsApp Group



WhatsApp Group
for communication
before/during the
FCO Tournament

For communication leading up to and during the Tournament!
Practice rounds and notifications during the Tournament

<https://chat.whatsapp.com/HMNslBcXSNq1ioTmoYrOBo>



2026 FCO Cheat sheet (A/B pool Differences)



Palmyra (Black)

	A Pool		B Pool			
Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	3	405	3	320	b	a
2	4	512	3	378	b	a
3	4	852	4	680	b	a
4	4	673	4	547	b	a
5	4	551	3	467	b	a
6	3	267	3	267	a	a
7	4	594	4	594	b	b
8	3	298	3	198	b	a
9	4	629	4	539	b	a
10	3	442	3	442	b	b
11	3	400	3	400	b	b
12	4	445	4	445	b	b
13	3	400	3	400	a	a
14	3	315	3	315	b	b
15	3	436	3	436	b	b
16	3	225	3	225	a	a
17	3	291	3	291	a	a
18	4	551	4	482	b	a
2026	62	8286	60	7426		

CTP

Palmyra (Orange)

	A Pool		B Pool			
Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	4	805	4	625	a	a
2 (2-3)	5	1036	5	930	b	a
3 (4-4.1)	5	703	4	501	4.1a	4b
4 (5)	4	518	4	518	b	b
5 (7)	3	204	3	204	b	b
6 (8-9)	5	607	5	531	9b	9a
7 (9.1)	3	271	3	271	a	a
8 (10)	4	604	4	604	b	b
9 (11)	3	211	3	211	a	a
10 (12)	3	302	3	302	b	b
11 (13-14)	5	584	5	584	14b	14b
12 (16)	4	651	4	651	b	b
13 (17)	4	497	4	497	b	b
14 (17.1)	3	332	3	332	a	a
15 (17.2)	3	374	3	374	a	a
16 (17.3)	3	179	3	179	a	a
17 (17.6)	4	541	4	541	b	b
18	5	777	4	610	b	a
2026	70	9196	68	8465		

Welcome back!

Biggest changes for returning FCO players:

A Pool: all Pro divisions and MA1

B Pool: The rest!

For our 5th year, OB will be hitting hard!

Roads and Beyond will be OB

We combined 5 holes and are throwing 4 never seen before holes...

Orange is ***long...***

Overall...13 Differences between Pools

A Pool throws 1591 feet in only 4 more throws!

No Shuttle - you can drive down to Orange

No Flymart - Throw what you Bring!

Players Pack includes -

Commemorative T-Shirt (by local Disc Golfing Artist)

Dune 5|5|-1|0 from Trash Panda (Ghost FCO stamp)



2026 Flower City Open Players Guide



Tournament Central
Reception and Registration

Parking



2026 Flower City Open Players Guide



PDGA B Tier

We will be using **Official Rules of Disc Golf** along with the **Competition Manual for Disc Golf Events**

The Following rules were pulled out as a quick list you may refer to as they are the most likely occurrences at Palmyra (Black) and Palmyra (Orange) during this years Flower City Open:

(804.01) Mandatory - If part of a thrown disc clearly enters into a restricted plane, the player receives one penalty throw, Designated dropzone will be marked!

(805.03) Lost Disc - A player whose disc has been declared lost receives one penalty throw. The next throw is made from the previous lie. FCO will not have DZ's for lost discs

(806.02) Out of Bounds - Marked Long Grass Plays as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.

(806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play

(806.05) HAZARD - Roads play as Hazards. If Disc is completely surrounded by the Road, play as it lies with a stroke penalty.

Water: Black: Spigots between B10, & B17 Orange - Water coolers: O1, O10, O13, O17



2026 Flower City Open Players Guide

Palmyra (Black)



Hole	Special TD Notes	Special Rules in play for this hole
1	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter Possible water left of basket	(806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
2	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter OB line left side protecting hole 1 tee area. Sand pit is HAZARD. Basket is across the road, landing on or beyond road right is a OB Basket located on an Island where grass on basket side of road is inbounds. White stakes long are OB! (Horseshoe pit)	(806.05) HAZARD - Sand pit. If Disc is completely surrounded by the marked sand, play as it lies with a stroke penalty. (806.02) Out of Bounds - Marked left grass and Roads and beyond play as OB/White stakes long of Pin plays as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
3	Pools are throwing to different Pins! A pool throwing longer to the left B pool throwing shorter on the right Going over the Ball field not really an option unless tee shot drifts left, Road does not come into play, unless very windy. Ditches not ob, but will cost footing	(806.02) Out of Bounds - Roads and beyond and Ball Field play as OB- If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty. (806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play



2026 Flower City Open Players Guide

Palmyra (Black)



Hole	Special TD Notes	Special Rules in play for this hole
4	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter Road left does not really come into play, but does count OB, the ditches will cost footing. Birdie is a Bonus	(806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
5	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter Long Grass on left will be marked for OB, ob gets tighter closer to the basket, no OB in treeline down right side. RHBH Turnovers have to deal with the guardian trees	(806.02) Out of Bounds - Marked Long Grass Plays as OB/Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
6	Old Favorite, trouble early right side, no OB	
7	no OB on this hole, but woods are thick! Left of the thicket is a possibility, but brings guardian trees into play Elevated Hole makes putting a bit trickier. Avoid going long of elevated basket, elevation change is brutal!!	



2026 Flower City Open Players Guide

Palmyra (Black)



Hole	Special TD Notes	Special Rules in play for this hole
8	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter Errant throw might bring Road into play, not likely	(806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
9	Pools are throwing to different Pins! A pool throwing longer B pool throwing shorter Nicknamed the Big Island, keep it in the grass and you are fine! Road and beyond is OB. Card should establish a position that the disc was last in play. B10 is back over by the Pickleball Courts	(806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
10	Fun downhill Bomber shot. Some tee shots can drift towards 11's pad, please yell!!!	
11	Road and Beyond (OB) does not come into play unless a drive holds too long.	(806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
12	Old Favorite, Trees are thick and do not really offer a chance to advance, no ob on hole	
13	Uphill tunnel tee shot, basket is in left position and tight against the woods. Swing right for an attackable line or hit the tight window, no ob on hole	



2026 Flower City Open Players Guide

Palmyra (Black)



Hole	Special TD Notes	Special Rules in play for this hole
14	Double Mandatory requires tee shot to go between cedars. Missing Mando will advance the player to the Marked Junior Tee (playground Sidewalk) throwing 3	(804.01) Mandatory - If part of a thrown disc clearly enters into a restricted plane, the player receives one penalty throw, Designated dropzone will be marked, where possible we will be using "Junior Tees"
15	Old Favorite, Trees are thick no real chance to advance, Road and beyond is OB	(806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
16	CTP! Sidewalk beyond basket is OB!! Basic Park Golf, Chance if windy a drive may get away onto the Road (OB), Cedars Right protect big Hyzers	(806.02) Out of Bounds - Road <u>and near side</u> of the sidewalk play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
17	Old Favorite, Right side Trees are thick and do not really offer a chance to advance, no OB	
18	Pools are throwing to different Pins! A pool throwing longer to the left B pool throwing shorter on the right There is a Mando on the Right, keeping Tee Shots off of the B10 Fairway. Road and Beyond plays as a (OB), short grass on poolside of road is also safe. Gravel Parking lot is safe	(804.01) Mandatory - If part of a thrown disc clearly enters into a restricted plane, the player receives one penalty throw, Designated dropzone will be marked, where possible we will be using "Junior Tees" (806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.



2026 FCO Cheat sheet (A/B pool Differences)



Palmyra (Black)

	A Pool		B Pool			
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5	4	551	3	467	b	a
6	3	267	3	267	a	a
7	4	594	4	594	b	b
8	3	298	3	198	b	a
9	4	629	4	539	b	a
10	3	442	3	442	b	b
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12	4	445	4	445	b	b
13	3	400	3	400	a	a
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16	3	225	3	225	a	a
17	3	291	3	291	a	a
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CTP

Palmyra (Orange)

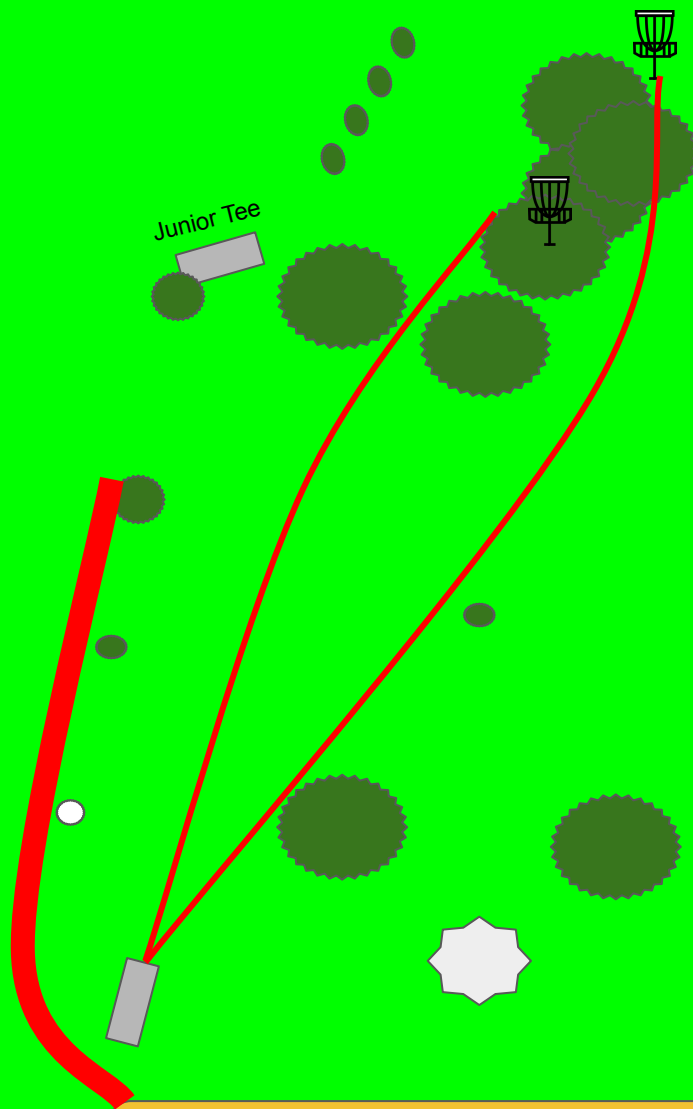
	A Pool		B Pool			
Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	4	805	4	625	a	a
2 (2-3)	5	1036	5	930	b	a
3 (4-4.1)	5	703	4	501	4.1a	4b
4 (5)	4	518	4	518	b	b
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2026 FCO Palmyra (Black) B1 Par 3

A/B pool
diff Baskets

A Pin 320 ft
B Pin 405 ft



Marked OB (Left) plays
as OB (806.02) - If
Disc is completely
surrounded by OB,
Card will decide
where the last
position the Disc was
inbound Play from
that location with a
stroke penalty.



Volleyball





2026 FCO Palmyra (Black) B2 Par 3/4

A/B pool
diff Baskets

A Pin 378 ft
B Pin 512 ft

Road and beyond
(right) plays as
OB (806.02) - If
Disc is
completely
surrounded by
OB, Card will
decide where
the last position
the Disc was
inbound Play
from that
location with a
stroke penalty.



Volleyball



Sand pit plays as a HAZ (806.05)
If Disc is completely surrounded by
the marked sand, play as it lies with a
stroke penalty.

Marked OB (Left) plays as OB
(806.02) - If Disc is completely
surrounded by OB, Card will
decide where the last position the
Disc was inbound Play from that
location with a stroke penalty.

Junior Tee



2026 FCO Palmyra (Black) B3 Par 4

A/B pool
diff Baskets

A Pool 852 ft

B Pool 680 ft

Out of Bounds



Junior Tee

Ball Field Plays as
OB (806.02)

If Disc is completely surrounded by
OB, Card will decide where the last
position the Disc was inbound Play
from that location with a stroke
penalty

Road and beyond plays as OB
(806.02)

If Disc is completely surrounded by the
Road, play as it lies with a stroke
penalty



2026 FCO Palmyra (Black) B4 Par 4

A/B pool
diff Baskets

A Pool 673 ft

B Pool 547 ft

Junior Tee

A Pin 547 ft
B Pin 673 ft

Road and beyond play as OB (806.02)
If Disc is completely surrounded by
the Road, play as it lies with a stroke
penalty



2026 FCO Palmyra (Black) B5 Par 3/4

A/B pool
diff Baskets

Road and beyond
plays and Long Grass Plays as
OB (806.02)

If Disc is completely surrounded by
OB, Card will decide where the last
position the Disc was inbound
Play from that location with a
stroke penalty

Long Grass will
play as OB for
FCO!

Long Grass will
play as OB for
FCO!

Junior 18

A Pin 467 ft
B Pin 551 ft



2026 FCO Palmyra (Black) B6 Par 3

A Pin 267 ft
~~B Pin 301 ft~~





2026 FCO Palmyra (Black) B7 Par 4

~~A Pin 493 ft~~
B Pin 594 ft





2026 FCO Palmyra (Black) B8 Par 3

A/B pool
diff Baskets

A Pin 198 ft
B Pin 298 ft

Junior Tee

Road and beyond plays as OB (806.02)
If Disc is completely surrounded by the
Road, play as it lies with a stroke
penalty

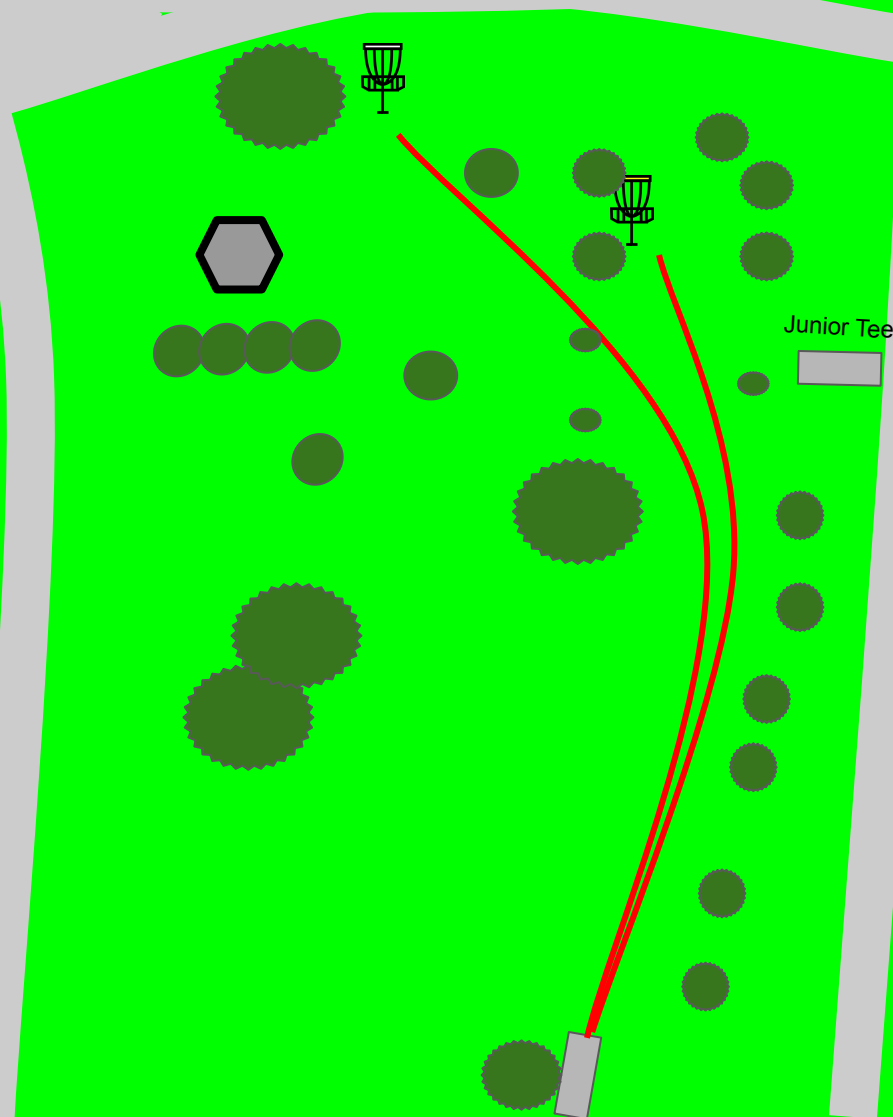




2026 FCO Palmyra (Black) B9 Par 4

A/B pool
diff Baskets

A Pin 539 ft
B Pin 629 ft

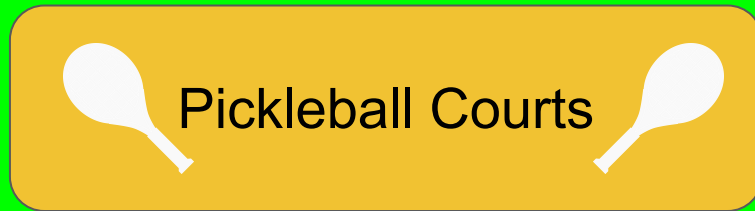
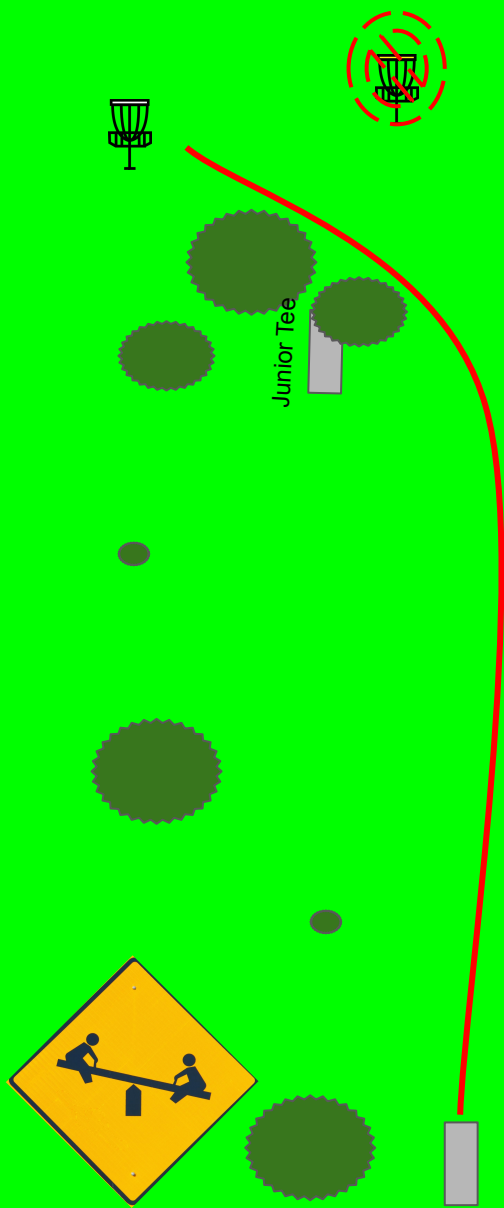


(806.02) Out of
Bounds -
Road and beyond
plays as OB - If
Disc is completely
surrounded by OB,
Card will decide
where the last
position the Disc
was inbound Play
from that location
with a stroke
penalty.



2026 FCO Palmyra (Black) B10 Par 3

~~A Pin 442 ft~~
B Pin 442 ft





2026 FCO Palmyra (Black) B11 Par 3

Road and beyond plays as OB
(806.02))
If Disc is completely surrounded by
the Road, play as it lies with a stroke
penalty

~~A Pin 350 ft~~
B Pin 400 ft

Junior Tee





2026 FCO Palmyra (Black) B12 Par 4



A Pin 345 ft
B Pin 445 ft

Junior Tee



2026 FCO Palmyra (Black) B13 Par 3

A Pin 400 ft
~~B Pin 431 ft~~



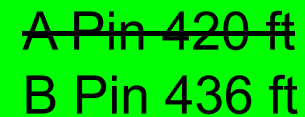


2026 FCO Palmyra (Black) B14 Par 3

~~A Pin 265 ft~~
B Pin 315 ft

Double Mandatory (804.01)
If part of a thrown disc clearly enters into a restricted plane, the player receives one penalty throw, Designated dropzone is the Junior Tee, which will be marked





Road and beyond plays as OB (806.02)
If Disc is completely surrounded by the Road, play as it lies with a stroke penalty



2026 FCO Palmyra (Black) B16 Par 3

CTP!

Road and beyond
plays as OB (806.02)
If Disc is completely
surrounded by the
Road, play as it lies
with a stroke penalty



Junior Tee



A Pin 225 ft
~~B Pin 225 ft~~

(806.02) Out of Bounds -
**Beyond the road and
sidewalk** play as OB - If Disc
is completely surrounded by
OB, Card will decide where
the last position the Disc was
inbound Play from that
location with a stroke penalty.

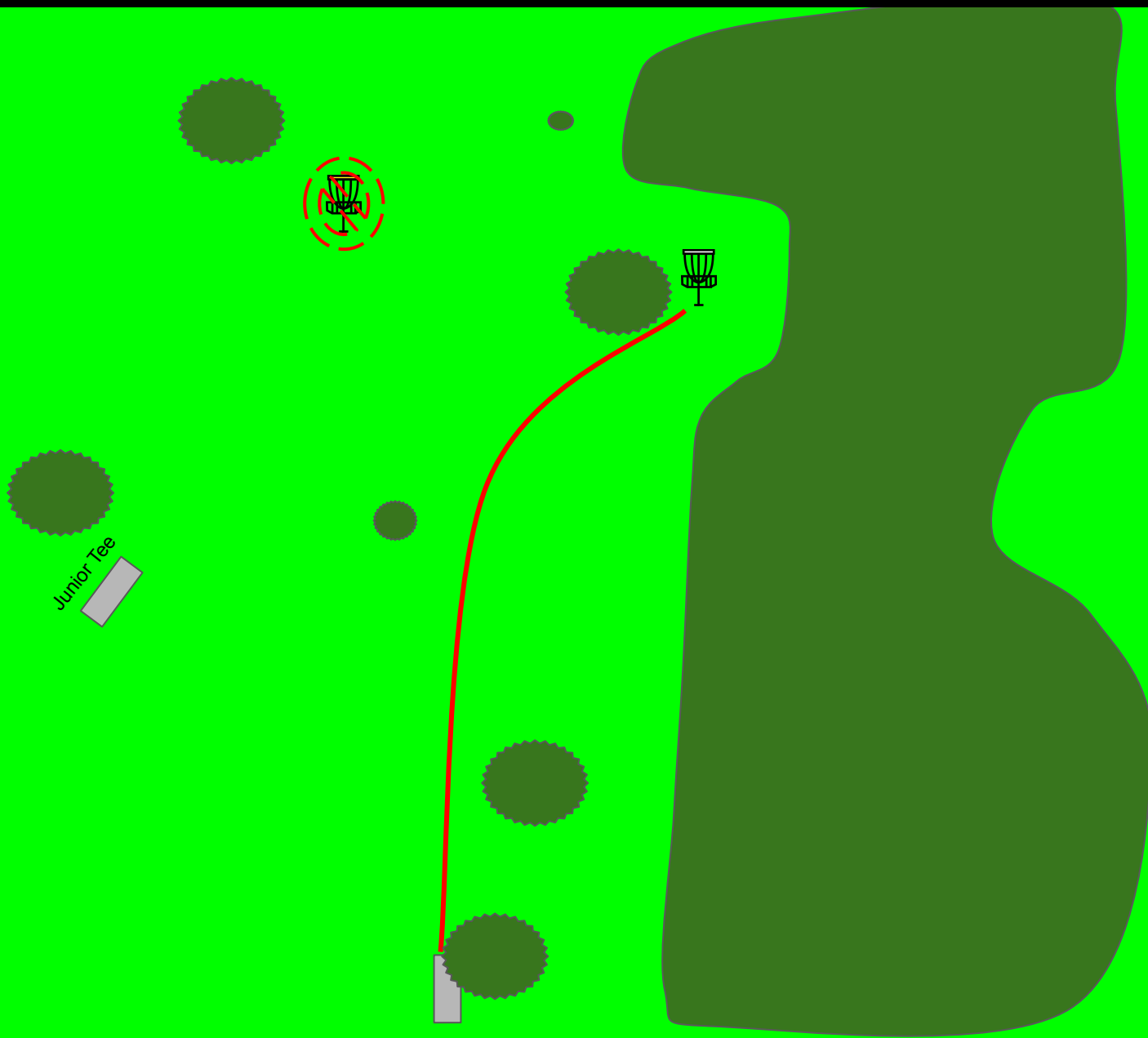


2026 FCO Palmyra (Black) B17 Par 3

A Pin 291 ft

~~B Pin 311 ft~~

Junior Tee





2026 FCO Palmyra (Black) B18 Par 4

A/B pool
diff Baskets

A Pool 551 ft

B Pool 482 ft

A Pin 482 ft
B Pin 551 ft

Road and beyond
plays as OB (806.02)
If Disc is completely
surrounded by the Road, play
as it lies with a stroke penalty
Gravel parking is safe

S
a
f
e

Drop
Zone

Mandatory (804.01)
If part of a thrown disc clearly
enters into a restricted plane,
the player receives one
penalty throw,
Designated dropzone is the
Junior Tee, which will be
marked



2026 FCO Cheat sheet (A/B pool Differences)

Palmyra (Black)

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CTP

Palmyra (Orange)

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Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	4	805	4	625	a	a
2 (2-3)	5	1036	5	930	b	a
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Palmyra (Orange)

Special TD Notes

Special Rules in play for this hole



1	Tee locations are different for pools. A pool is long, B short. A Pool tee shots that fail to gain inbounds can choose: decide where the last position the Disc was inbound and play with a stroke penalty or proceed to the B pool Tee (A pool DZ) throwing 3. There are spots on this hole that may contain casual water. Landing inside of Tree protection cages is also casual relief. Play according to 806.03.	(806.02) Out of Bounds - Marked Long Grass Plays as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty. 806.03 Casual Area (Water) To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
2 (2-3)	SUPERSIZED EDITION Pools are throwing to different Pins! A pool throwing longer to the right B pool throwing to the left/center The hole is long...avoid trees off the tee, some might try to go up and over the berm side trees into the right field. It is not OB this year, but gives a difficult approach angle.	Crop Field Left Plays as OB (806.02) If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty
3 (4-4.1)	SUPERSIZED EDITION Pools are throwing to different Pins! A pool throwing long white basket (4.1a) B pool throwing to the normal long pin Quintessential Orange Hole...a snaking favorite! Avoid the trees off the tee to set yourself up for either the right or left lane to attack the pin from. Crop field is ob, but hard to get to without a treedirection.	Crop Field Plays as OB (806.02) If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty



2026 Flower City Open Players Guide



Palmyra (Orange)

Hole	Special TD Notes	Special Rules in play for this hole
4 (5)	STRETCHED OUT EDITION Everyone gets to throw from our new Long tee this year! Stay in the old fairway, the mistake is hyzering out left due to a lack of approach angles! Good luck!	Crop Field Plays as OB (806.02) If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty
5 (7)	Hope you bought into the ACE POT! Run this early and often! RHBH is the normal play, rumor talks about a local RHFH line!!	
6 (8/9)	SUPERSIZED EDITION Pools are throwing to different Pins! A pool throwing to longer (9b) B pool throwing to shorter (9b) Wooded center guardians makes you choose a line early! Well placed tee makes the approach angle much easier. Birdies require both power and precision	(806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
7 (9.1)	New Hole for the Tournament!!! Pleased to bring this fun shot to the FCO! Ace run with some teeth to it. Feast or famine, a tree kick can bring Bogey right into play	
8 (10)	No hidden rules or tricks here! It's all about positioning yourself! Stay out of the woods left and long off the tee. Playing for par should gain you strokes, staying out of the woods should get you a par!	Thankful for the Spotters coming out again this year! (805.03) Lost Disc - A player whose disc has been declared lost receives one penalty throw. The next throw is made from the previous lie. FCO does not have DZ's for lost discs



2026 Flower City Open Players Guide

Palmyra (Orange)



Hole	Special TD Notes	Special Rules in play for this hole
9 (11)	Tight RHFH line, most have success with a RHBH. Staying up on the green, will give you the best chance at a 2.	(806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
10 (12)	One of our most picturesque holes, the Hanging Basket hole is an uphill challenge with punishing trees guarding the left, and a creek on the right. Positioned Tee shots make a routine 3. Extreme caution if you go right of basket...it's a very small target back!	(806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
11 (13/14)	SUPERSIZED EDITION!!! We opened up the tee shot this year, to allow some laser beam tee shots! We are going pretty far, so don't go into this hole blind. You need to think about your approach. Headwinds can play havoc. Small Chance that the "pond" above the basket could catch a treeredirection. (Play as casual water)	806.02) Out of Bounds - Roads and beyond play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty. (806.03) Casual Area (Water) - To obtain relief from a casual area, the player's lie may be relocated without penalty to the nearest lie which is farther from the target and is on the line of play
12 (16)	This is the widest Fairway we have! Winds make this a tricky hole. Don't be fooled by the protected Tee, the Pin located on the berm begs you to layup! Crop Field on left and Marked long grass on right surround this generous fairway. Angle control and use of the berm is possible for players throwing for the center. Skipping OB left or right can ruin your day! Shake it off!! (Big rock is 400 ft)	(806.02) Out of Bounds - Marked Long Grass, Crop Field, Roads and beyond Play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.



2026 Flower City Open Players Guide



Palmyra (Orange)

Hole	Special TD Notes	Special Rules in play for this hole
13 (17)	Fore handers dream, there has been successful RHBH rollers placed too! Gravel Road (OB) can be a problem with the wrong wind. The Tunnel second shot, requires placement off the tee.	(806.02) Out of Bounds - Roads and beyond Play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
14 (17.1)	New Hole for the Tournament!!! The far side of the ditch is reachable off the tee, but the ditch itself is very hard to scramble out of with forward progress. Elevated basket can also be troublesome...but it's cool right?!?	(806.02) Out of Bounds - Marked Long Grass, Crop Field, Roads and beyond Play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.
15 (17.2)	New Hole for the Tournament!!! This is a fairly straightforward hole with tight line to hit off the tee. Left side of the fairway is pretty thick to throw out of and should be avoided	
16 (17.3)	New Hole for the Tournament!!! Another Ace opportunity, a serviceable forehand or a flippier putter should be all you need on this extreme down hill shot. Going long can be a big mistake and can lead you from a birdie to bogey scenario!	



2026 Flower City Open Players Guide



Palmyra (Orange)

Hole	Special TD Notes	Special Rules in play for this hole
17 (17.6)	New Hole for the Tournament!!! This is a fun one to figure out! If its a headwind, Par is the goal! Cedar lane at the beginning, you must avoid an early tree hit. Once in the fairways, try to stay on the longer right route...Left is possible, but difficult to advance the disc. Basket is on top of a berm with death putt and roll away potential.	
18	Pools are throwing to different Pins! A pool throwing longer to the right B pool throwing shorter to the left Back to our 1st year rules...the Road and Beyond are OB Try to keep it safe is the name of the game! With both baskets on a peninsula of safety and mostly surrounded by Marked OB Tall Grass.	(806.02) Out of Bounds - Marked Long Grass, Crop Field, Roads and beyond Play as OB - If Disc is completely surrounded by OB, Card will decide where the last position the Disc was inbound Play from that location with a stroke penalty.



2026 FCO Palmyra (Orange) O1 Par 4

A/B pool
diff Tees

Long
Grass will
play as OB
for FCO!

HOLE
1
"Purple Martin Avenue"

A
625'

B
675'

Palmyra

ORANGE COURSE



"Life is better
with Disc Golf"

OUT
OF
BOUNDS

O.B.

Long Grass (Left
and Right) plays as
OB (806.02)
If Disc is
completely
surrounded by OB,
Card will decide
where the last
position the Disc
was inbound Play
from that location
with a stroke
penalty



2026 FCO Palmyra (Orange) O2 Par 5

A/B pool
diff Baskets

SUPERSIZE IT!
CAUTION: Supersized Layout. Bring your big-boy discs.

HOLE

2



"Wild Cherry Ridge"

A B
9 1
3 0
0 3
6 6

PAR 5



"Whomever has the
most fun wins."



Left Crop Fields
Plays as OB
(806.02)

If Disc is completely
surrounded by OB,
Card will decide
where the last
position the Disc
was inbound Play
from that location
with a stroke
penalty

Right side
field is safe
for FCO!



2026 FCO Palmyra (Orange) O4 Par 4/5

A/B pool
diff Baskets

SUPERSIZE IT!
"Think Bigger. Throw Harder. The FCO SUPERSIZE pins are in play!"

HOLE

4

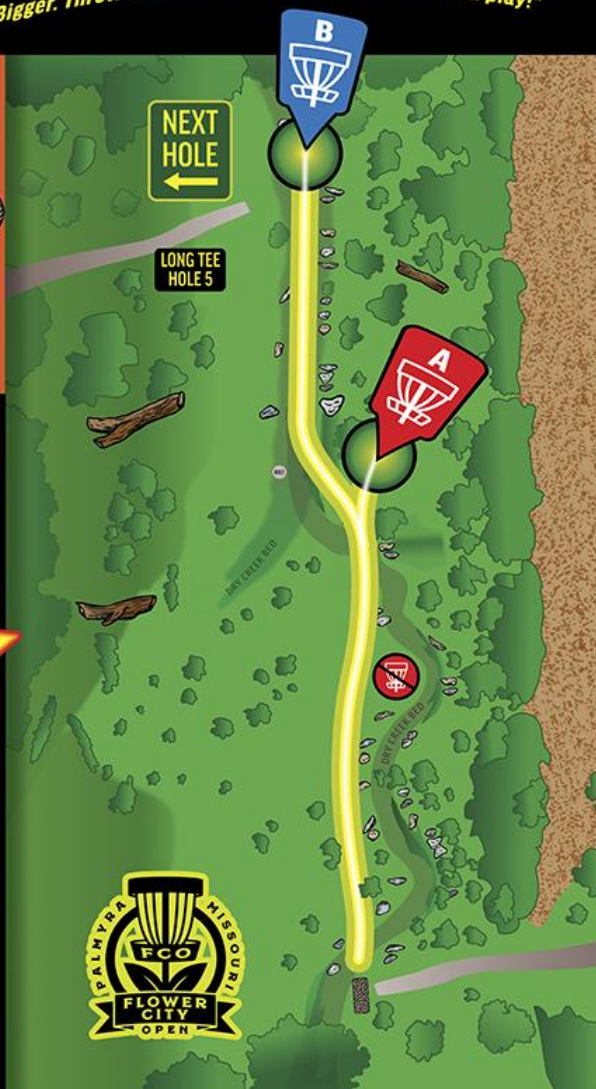
"Snake Creek Valley"

**57
00
1'3"**

Par 4/5



"But think about the trees
you DIDN'T hit."

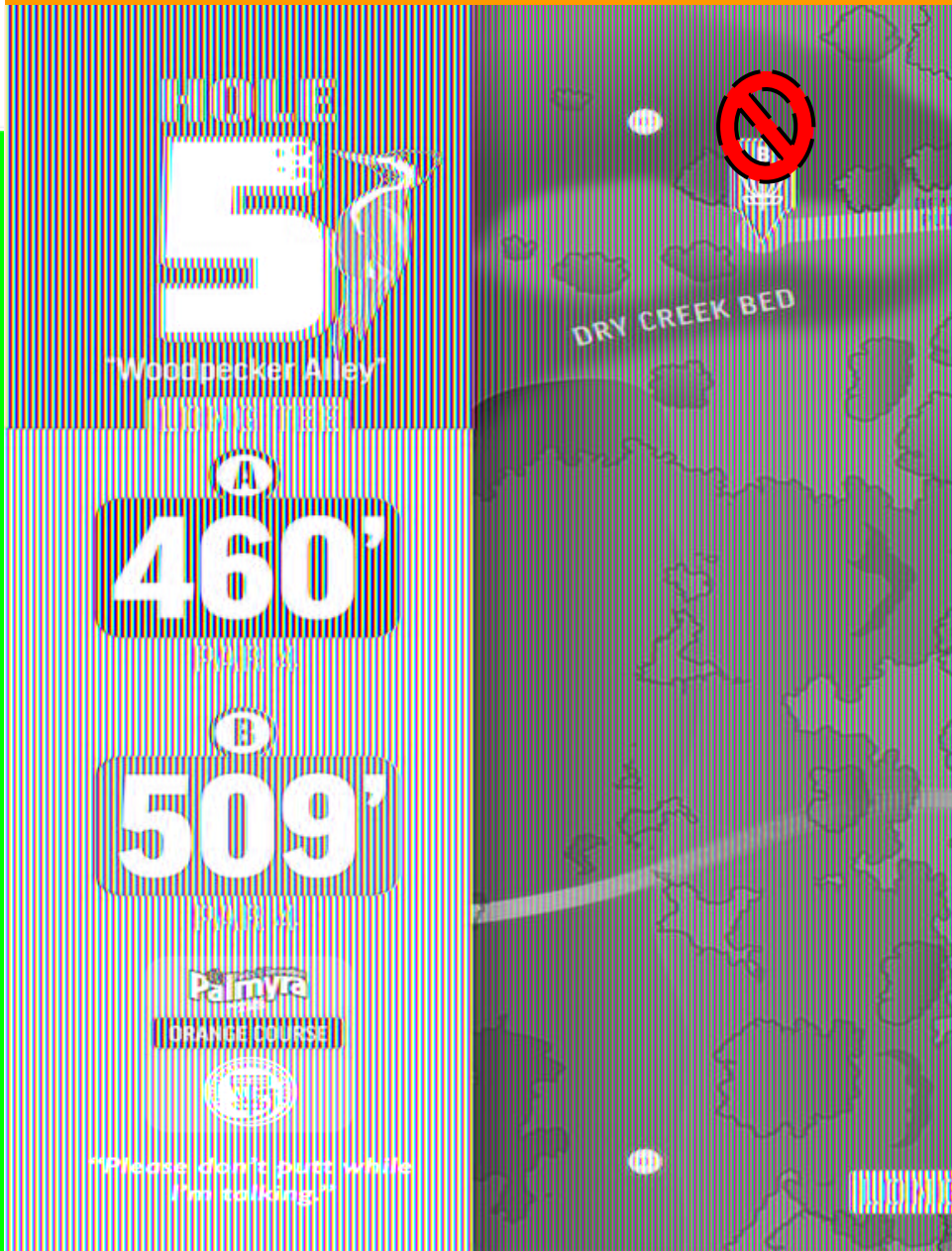


Crop Fields Plays as
OB (806.02)
If Disc is completely
surrounded by OB, Card
will decide where the
last position the Disc
was inbound Play from
that location with a
stroke penalty



2026 FCO Palmyra (Orange)

O5 Par 4





2026 FCO Palmyra (Orange)

07 Par 3





2026 FCO Palmyra (Orange)

O8 Par 5

SUPERSIZE IT!

We heard you liked long walks ... so we combined the holes.

HOLE

8

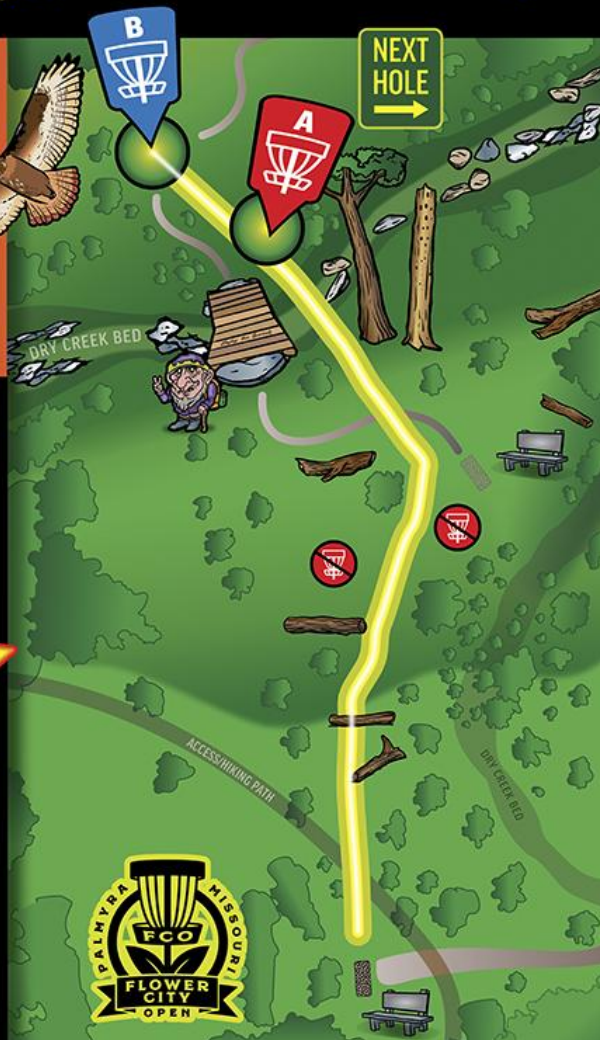
"CRUSH Mountain"

A B
5 6
3 0
1 7

PAR 5



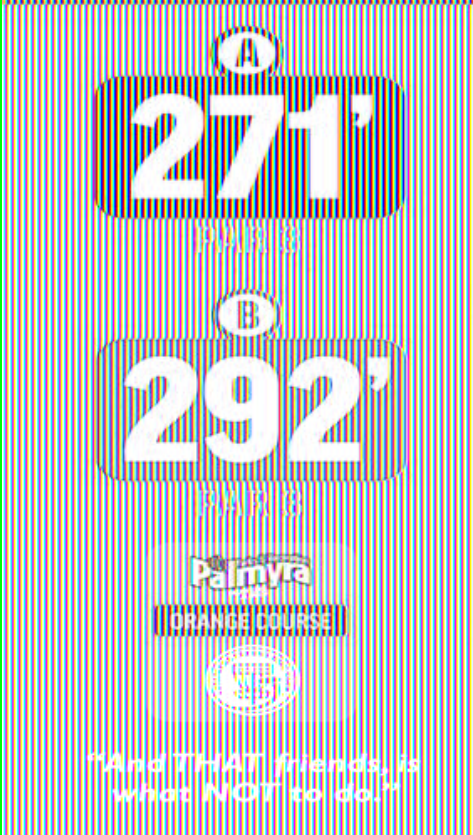
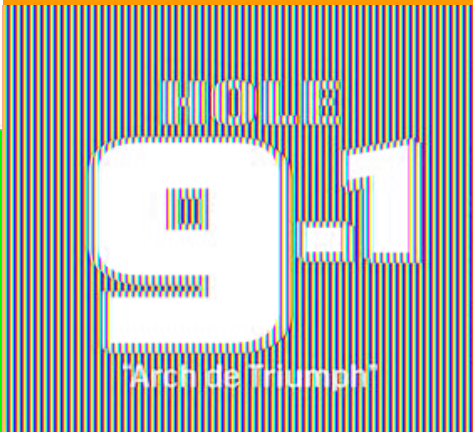
"Play for par and the
birdies will come."





2026 FCO Palmyra (Orange)

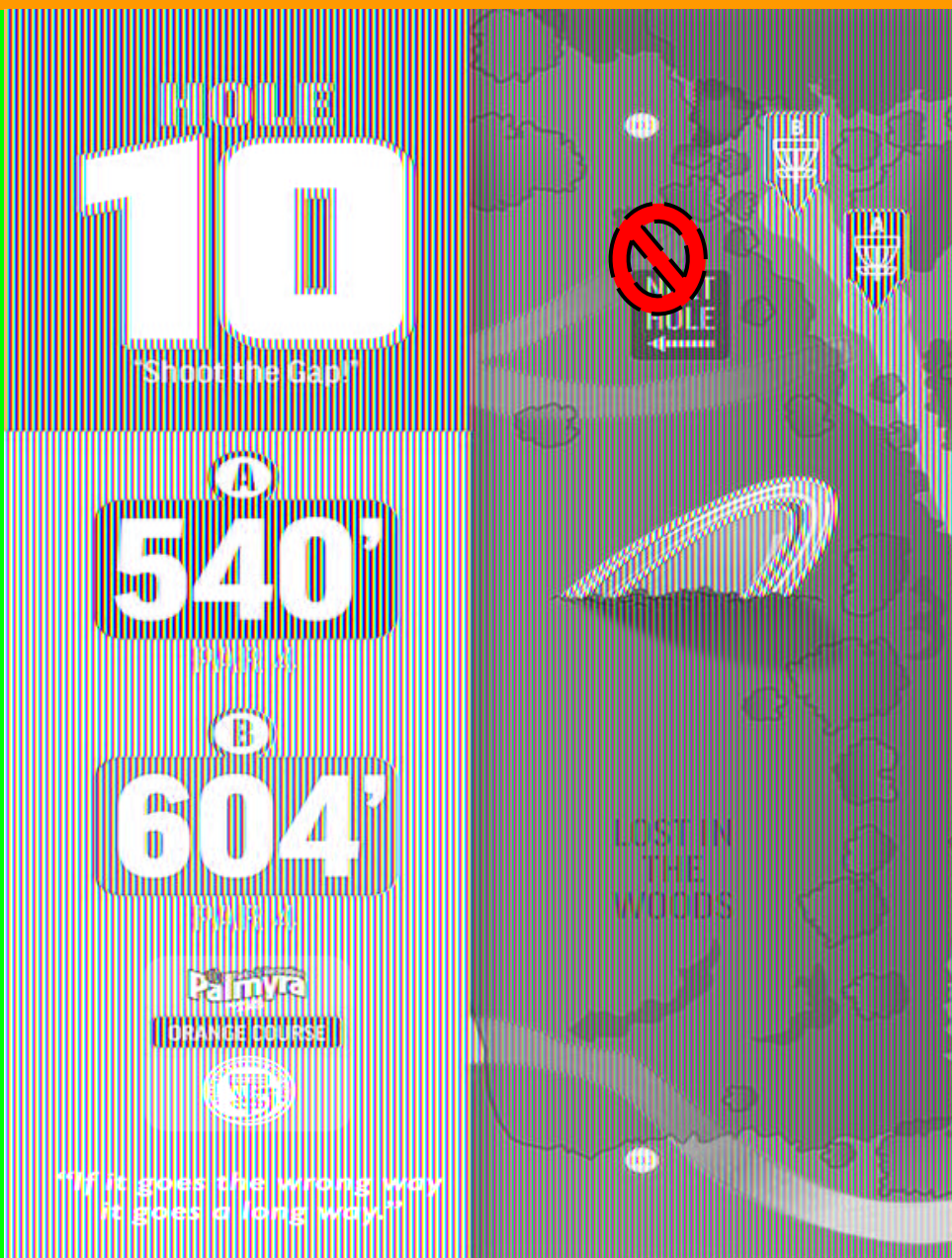
09.1 Par 3





2026 FCO Palmyra (Orange) O10 Par 4

Long
Grass will
play as OB
for FCO!

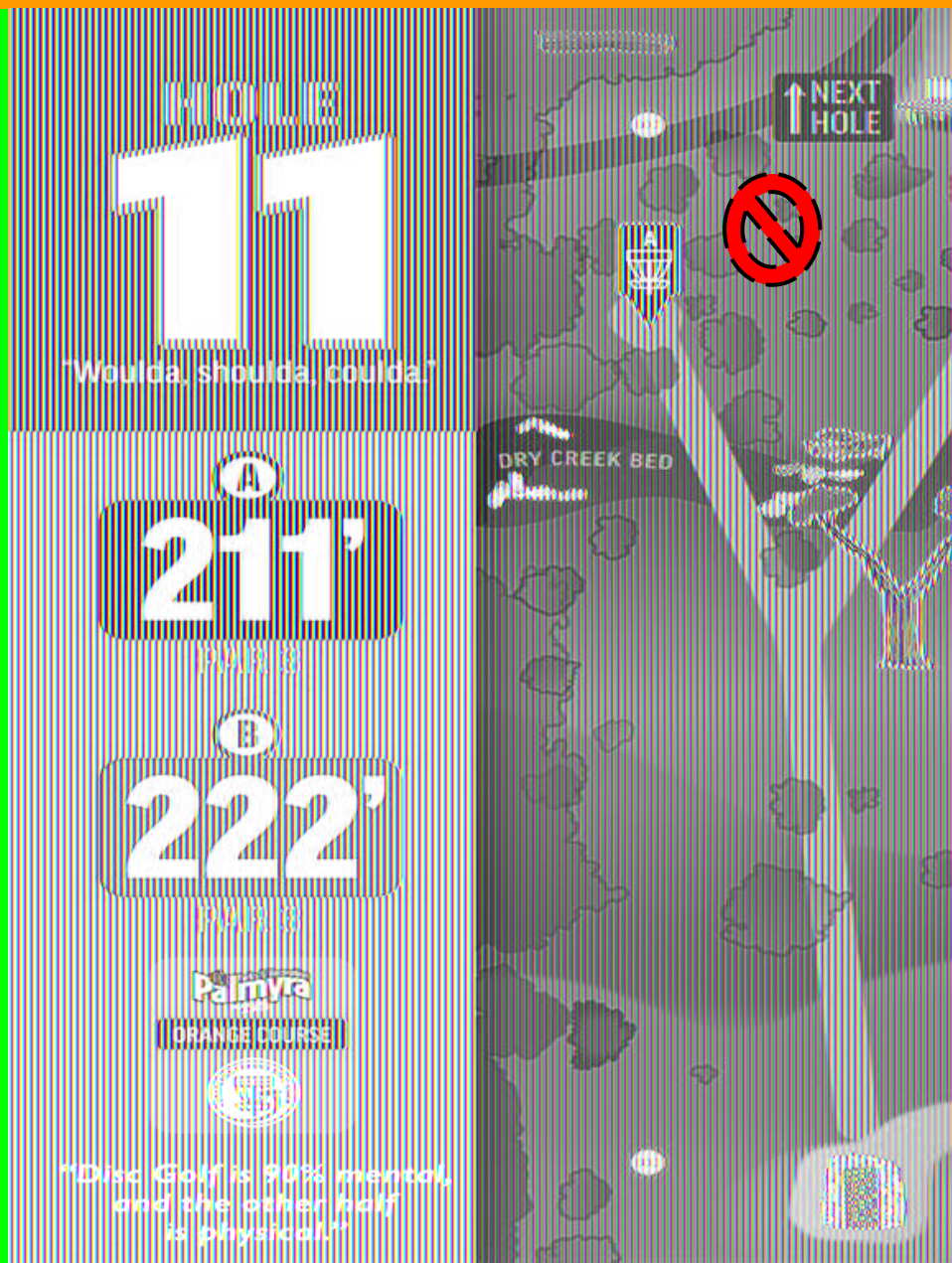


Long Grass (Right)
plays as OB
(806.02)
If Disc is
completely
surrounded by OB,
Card will decide
where the last
position the Disc
was inbound Play
from that location
with a stroke
penalty



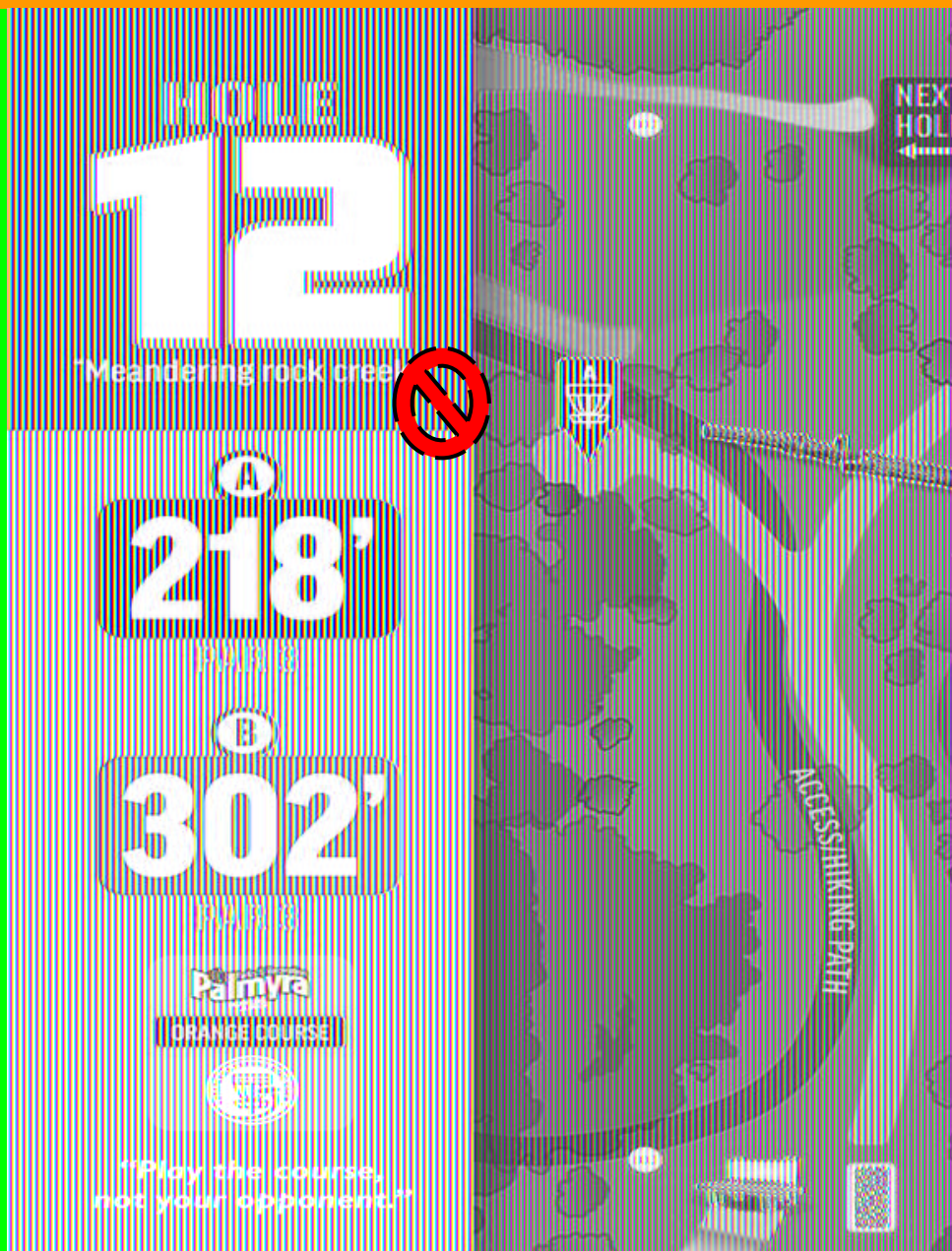
2026 FCO Palmyra (Orange)

O11 Par 3



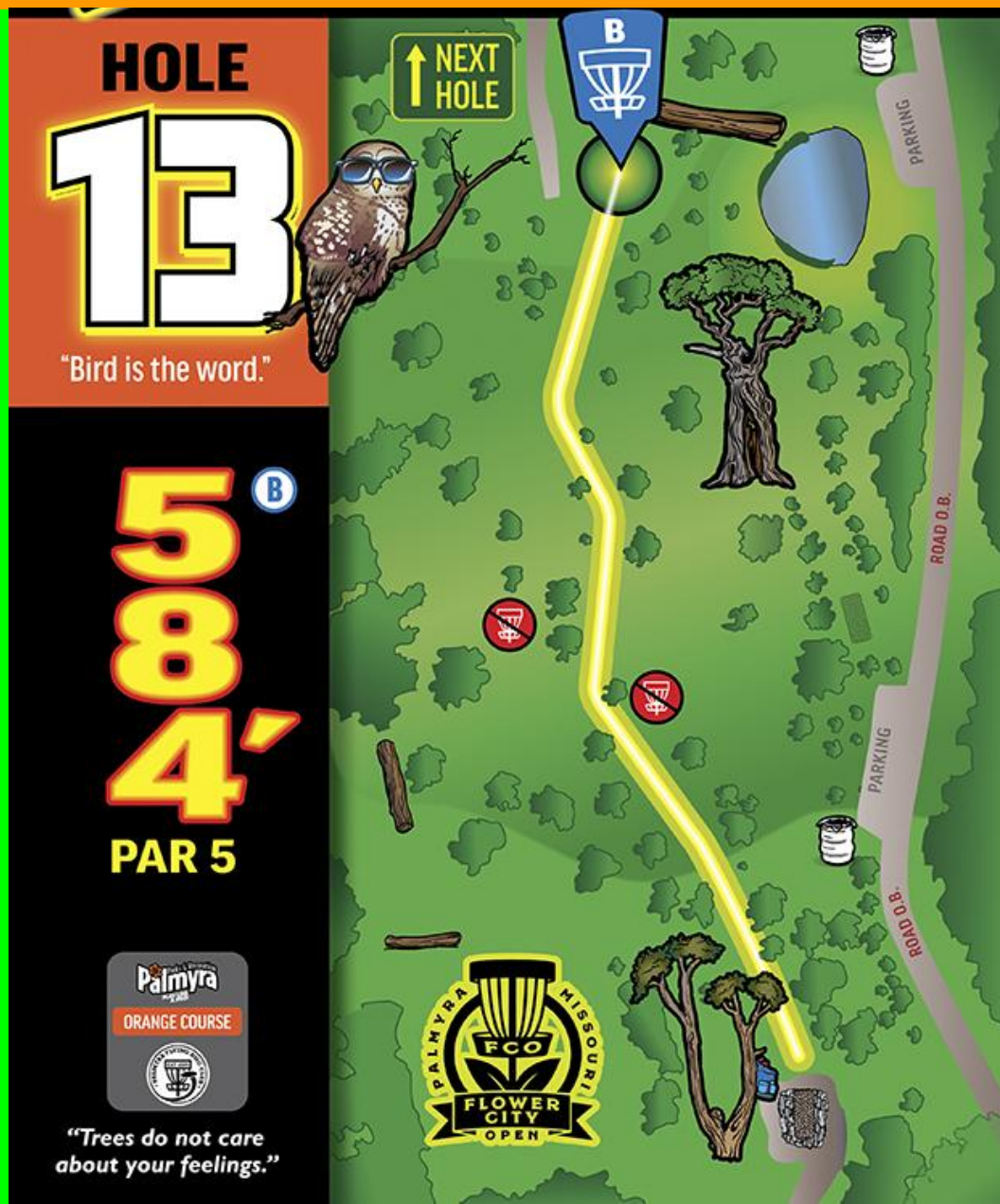


2026 FCO Palmyra (Orange) O12 Par 3





2026 FCO Palmyra (Orange) O13 Par 5



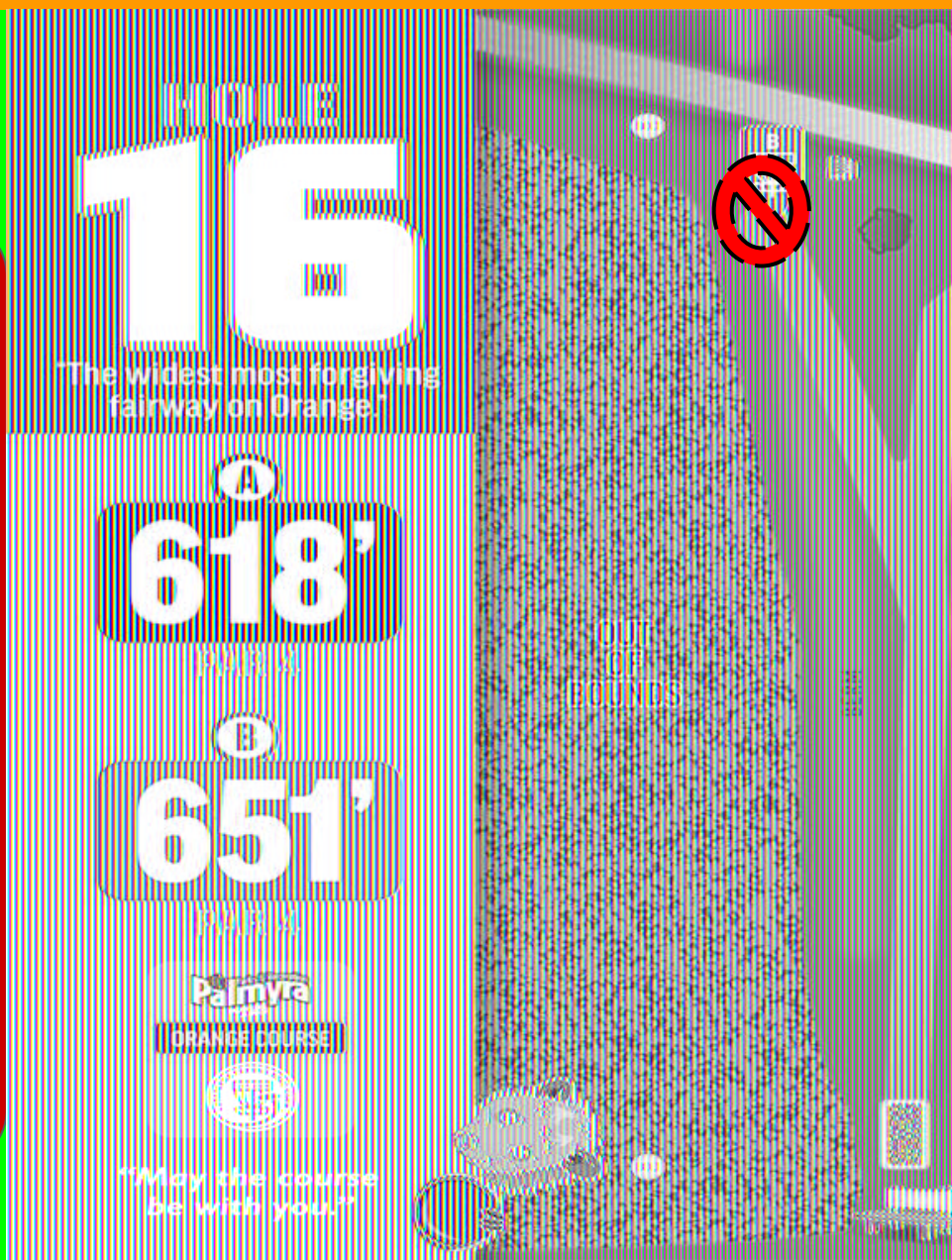
Gravel Road and Beyond and also Parking lot play as OB (806.02)
If Disc is completely surrounded by the Gravel (Not chips), play as it lies with a stroke penalty



2026 FCO Palmyra (Orange)

O16 Par 4

Crop Fields
Plays as
OB (806.02)
If Disc is
completely
surrounded by
OB, Card will
decide where
the last
position the
Disc was
inbound Play
from that
location with a
stroke penalty

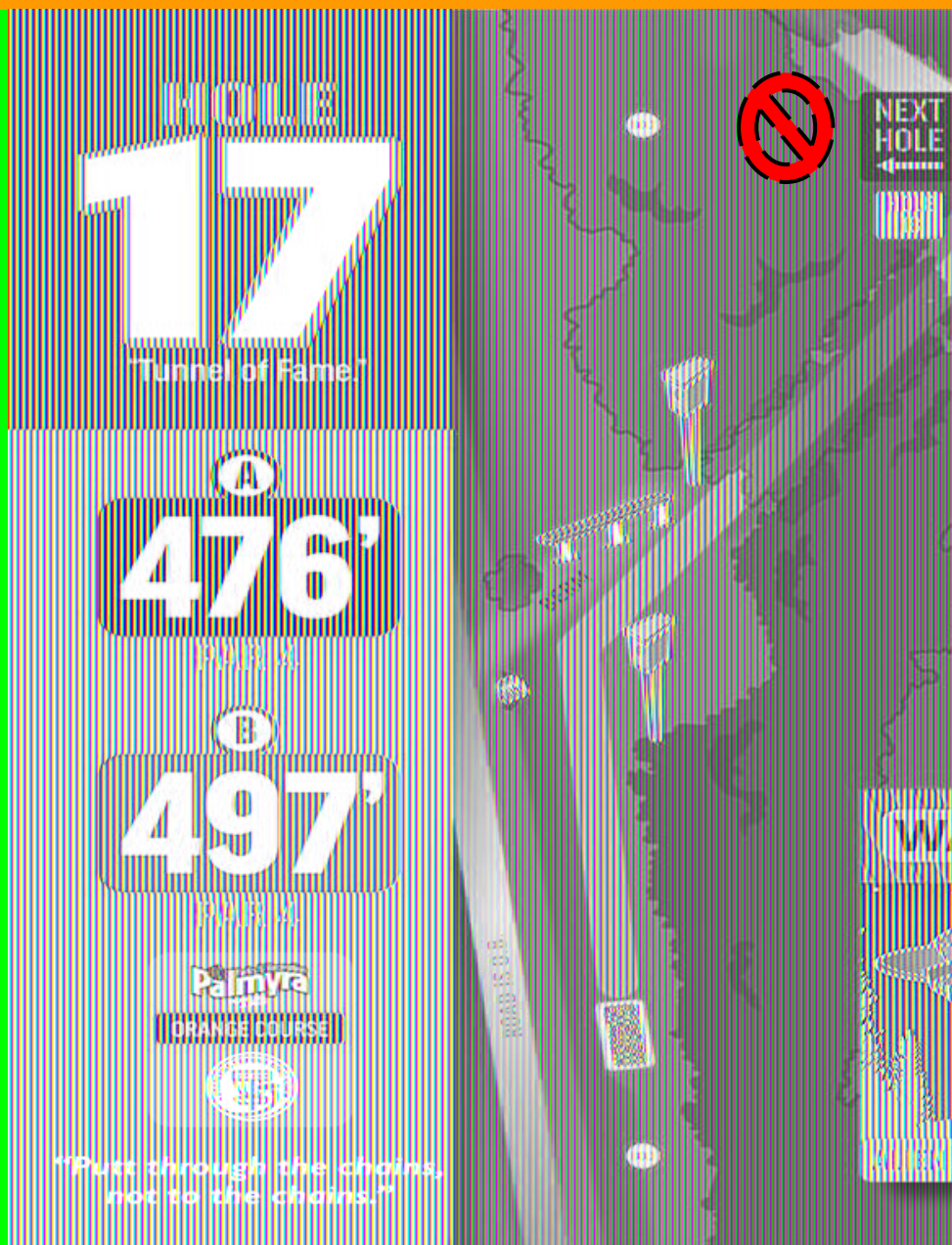


Gravel Road and beyond
plays as OB (806.02)
If Disc is completely
surrounded by the
Gravel, play as it lies with
a stroke penalty

Long Grass Plays as
OB (806.02)
If Disc is completely
surrounded by OB,
Card will decide
where the last
position the Disc was
inbound Play from
that location with a
stroke penalty



2026 FCO Palmyra (Orange) O17 Par 4

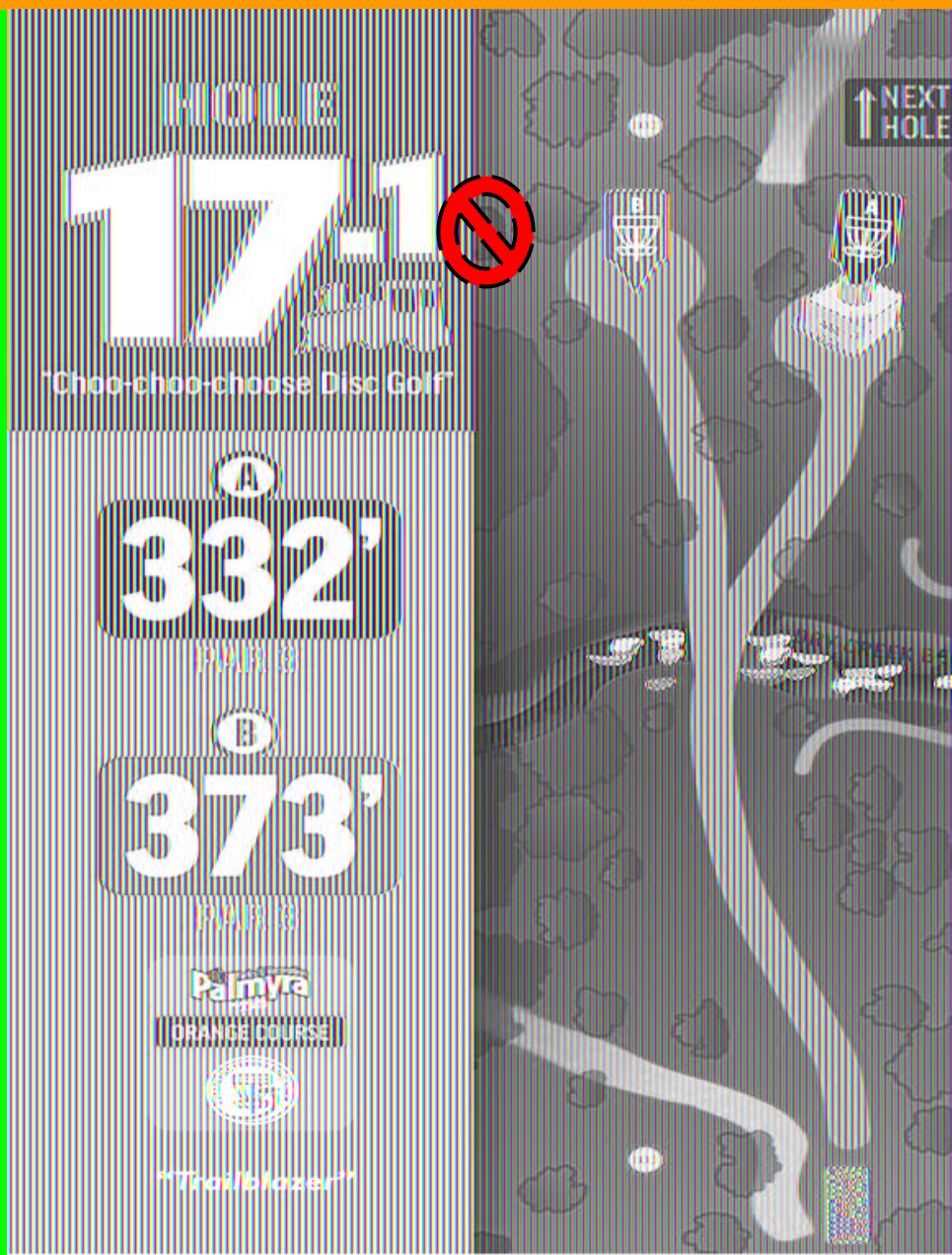


Gravel Road
and beyond
plays as OB
(806.02)
If Disc is
completely
surrounded by
the Gravel, play
as it lies with a
stroke penalty



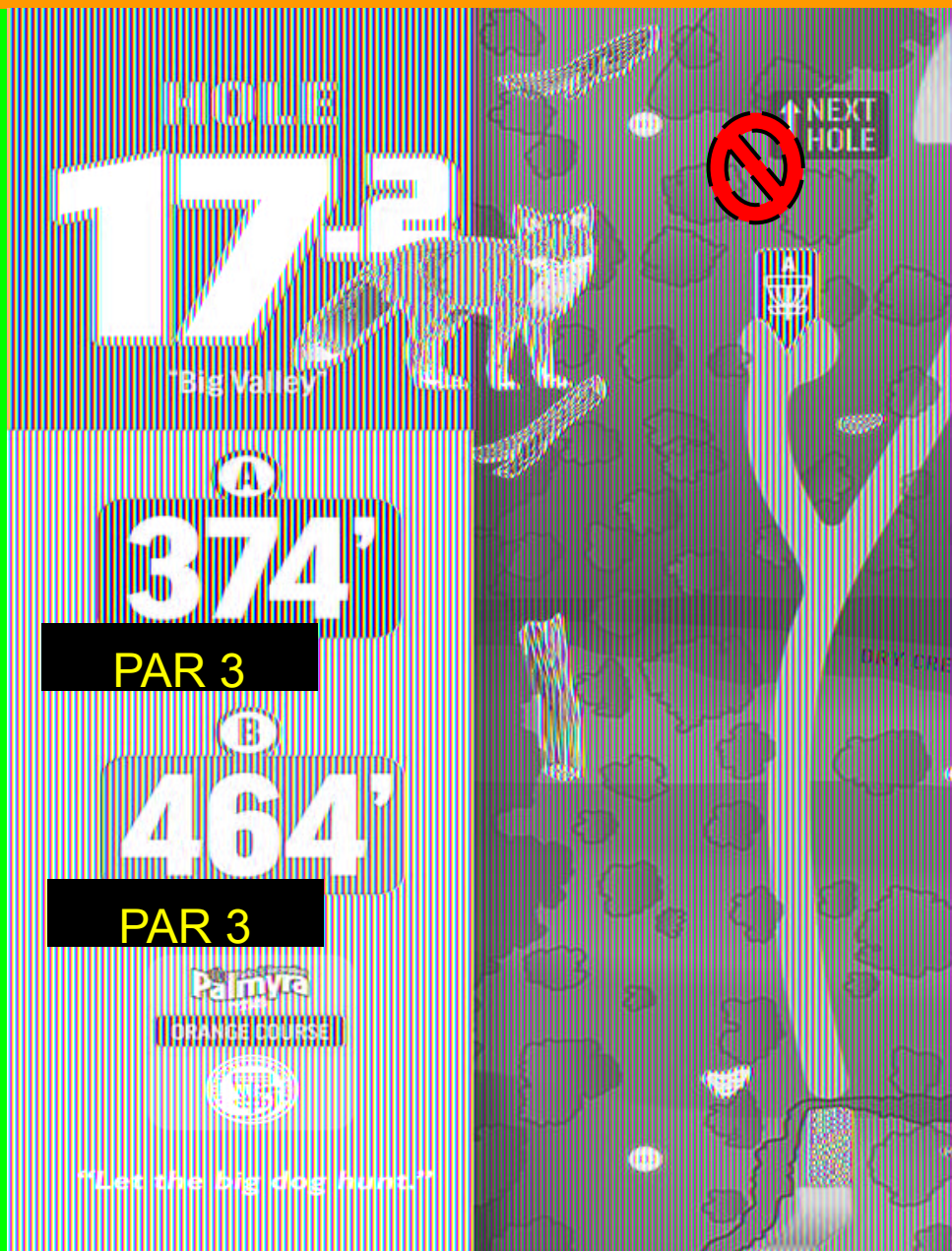
2026 FCO Palmyra (Orange)

O17.1 Par 3



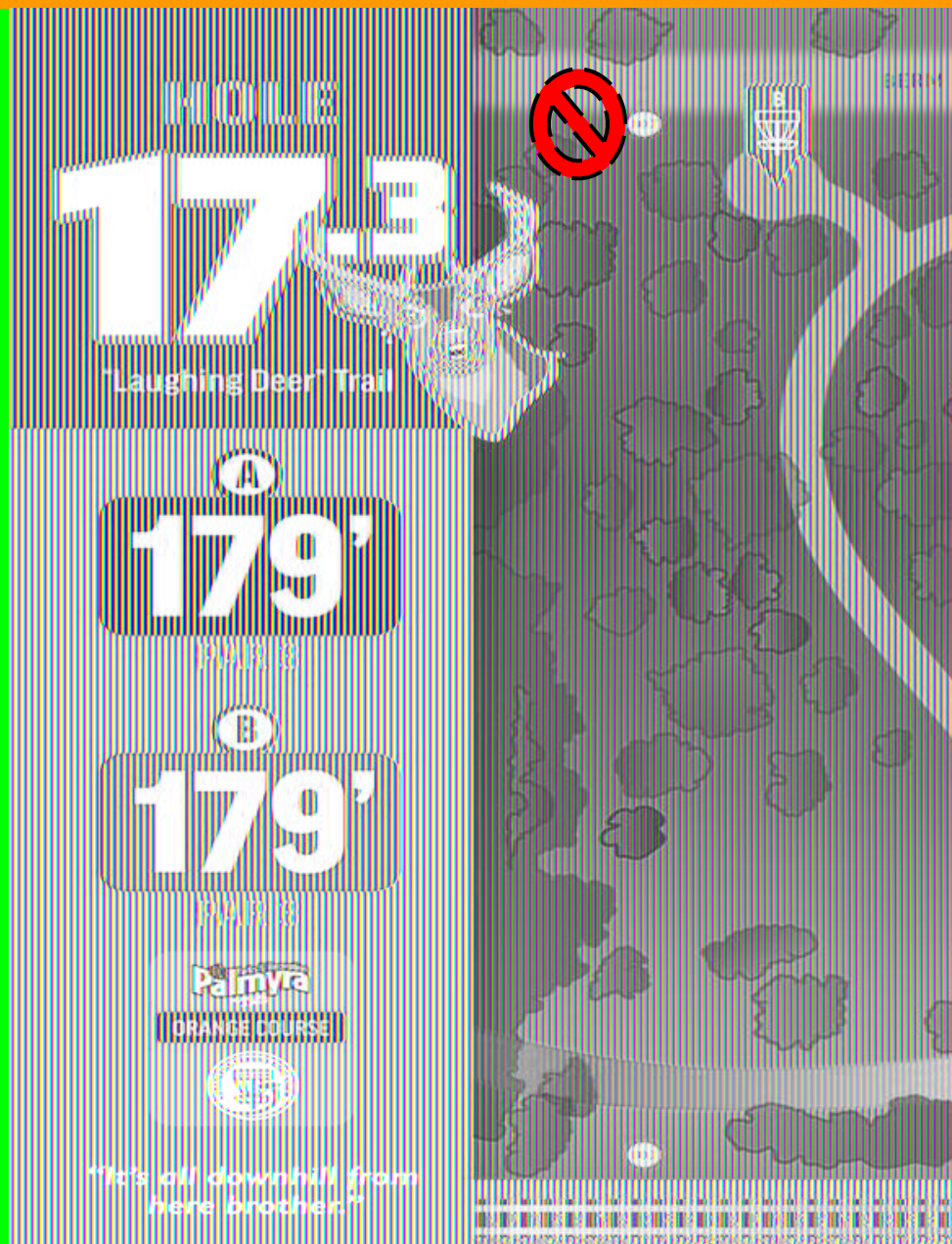


2026 FCO Palmyra (Orange) O17.2 Par 3





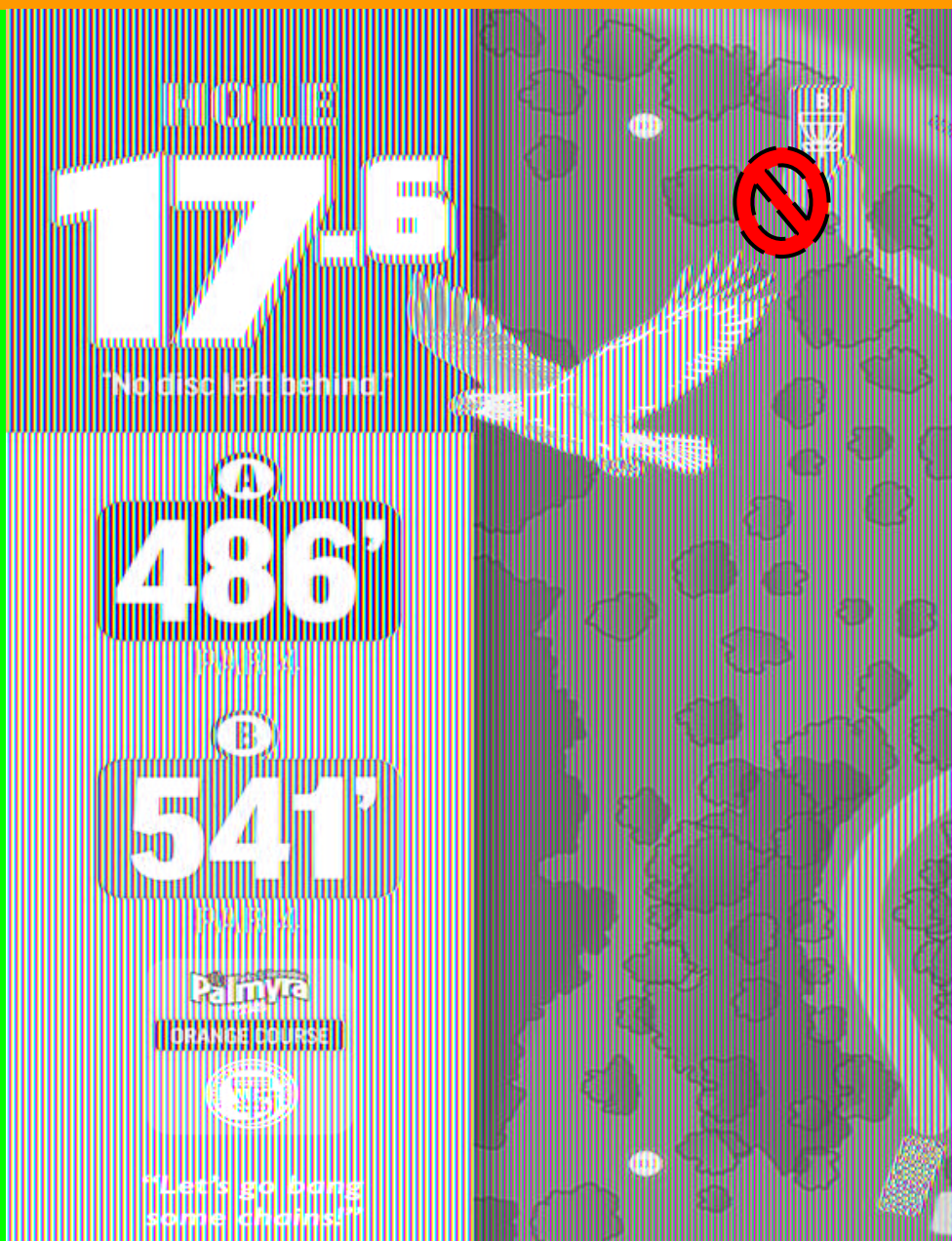
2026 FCO Palmyra (Orange) O17.3 Par 3





2026 FCO Palmyra (Orange)

O17.6 Par 4



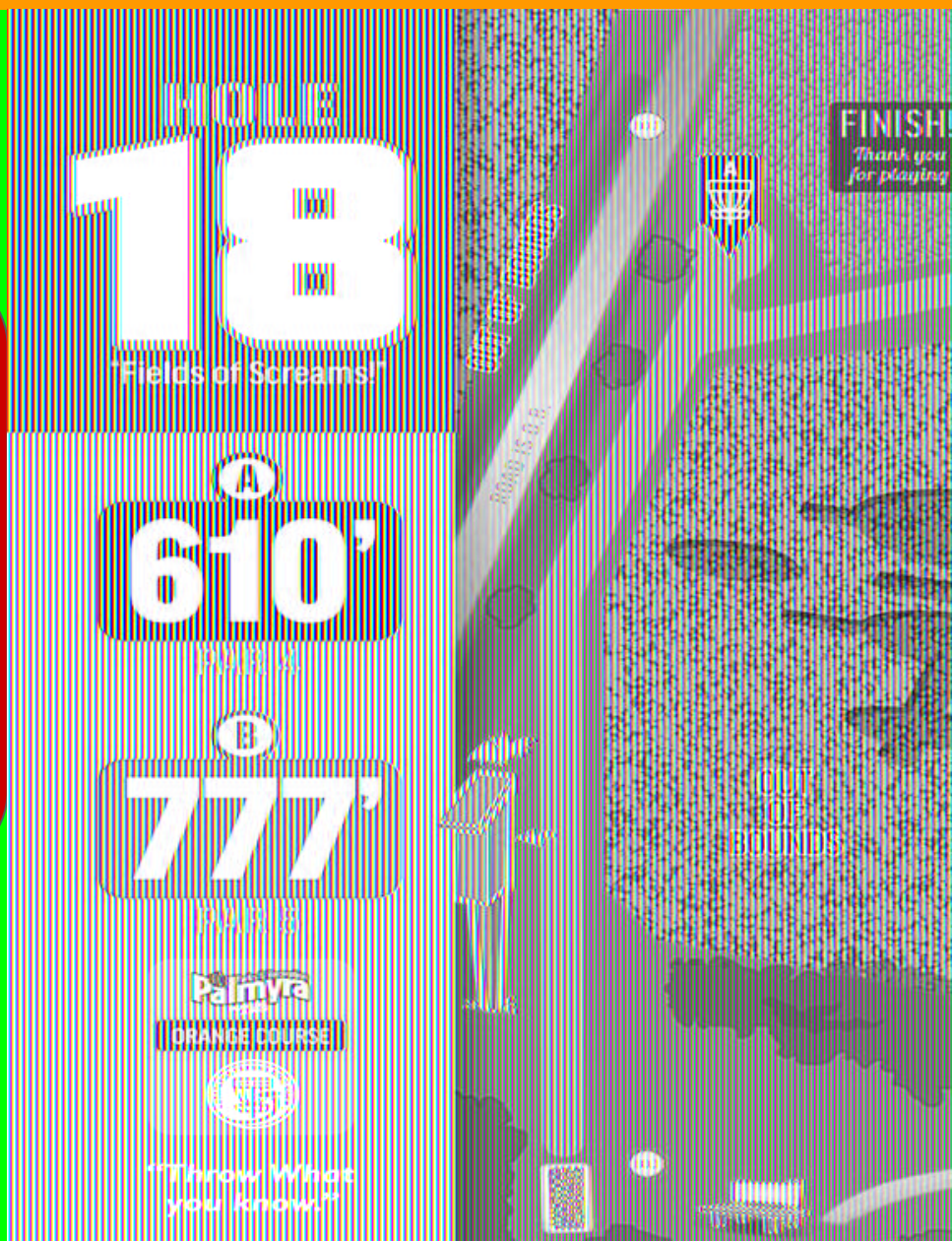


2026 FCO Palmyra (Orange)

O18 Par 4/5

Gravel Road and
beyond
plays as
OB (806.02)

If Disc is completely
surrounded by the
Gravel, play as it
lies with a stroke
penalty



Long Grass Plays as
OB (806.02)

If Disc is completely
surrounded by OB,
Card will decide where
the last position the
Disc was inbound Play
from that location with
a stroke penalty

Crop Fields Plays as
OB (806.02)

If Disc is completely
surrounded by OB,
Card will decide
where the last
position the Disc was
inbound Play from
that location with a
stroke penalty

2026 FCO Palmyra (Orange) Players Guide

2026 FCO Palmyra (Black) Players Guide



Version 12





Welcome back!

Palmyra Parks and Recreation

with the

Palmyra Flying Disc Club Have been busy since the last FCO!



5th Year and it's
Supersized!!!
5 new holes plus
4 Supersized
Combos!!

13 Differences
between
a/b pools



Flower City Open
WhatsApp Group



WhatsApp Group
for communication
before/during the
FCO Tournament

For communication leading up to and during the Tournament!
Practice rounds and notifications during the Tournament

<https://chat.whatsapp.com/HMNslBcXSNq1ioTmoYrOBo>



2026 FCO Cheat sheet (A/B pool Differences)

Palmyra (Black)

Palmyra (Orange)

	A Pool		B Pool			
Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	3	405	3	320	b	a
2	4	512	3	378	b	a
3	4	852	4	680	b	a
4	4	673	4	547	b	a
5	4	551	3	467	b	a
6	3	267	3	267	a	a
7	4	594	4	594	b	b
8	3	298	3	198	b	a
9	4	629	4	539	b	a
10	3	442	3	442	b	b
11	3	400	3	400	b	b
12	4	445	4	445	b	b
13	3	400	3	400	a	a
14	3	315	3	315	b	b
15	3	436	3	436	b	b
16	3	225	3	225	a	a
17	3	291	3	291	a	a
18	4	551	4	482	b	a
2026	62	8286	60	7426		

CTP

	A Pool		B Pool			
Hole	Par	Pro	Par	Am	Pro Hole	Am Hole
1	4	805	4	625	a	a
2 (2-3)	5	1036	5	930	b	a
3 (4-4.1)	5	703	4	501	4.1a	4b
4 (5)	4	518	4	518	b	b
5 (7)	3	204	3	204	b	b
6 (8-9)	5	607	5	531	9b	9a
7 (9.1)	3	271	3	271	a	a
8 (10)	4	604	4	604	b	b
9 (11)	3	211	3	211	a	a
10 (12)	3	302	3	302	b	b
11 (13-14)	5	584	5	584	14b	14b
12 (16)	4	651	4	651	b	b
13 (17)	4	497	4	497	b	b
14 (17.1)	3	332	3	332	a	a
15 (17.2)	3	374	3	374	a	a
16 (17.3)	3	179	3	179	a	a
17 (17.6)	4	541	4	541	b	b
18	5	777	4	610	b	a
2026	70	9196	68	8465		