

| Sunday 15th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time       | 22:22 | 23:22 | 00:22 | 01:22 | 02:22 | 03:22 | 04:22 | 05:22 |
| First Height     | 0.56  | 1.15  | 1.74  | 2.41  | 2.80  | 2.10  | 1.40  | 0.70  |
| Second Time      | 10:49 | 11:49 | 12:49 | 13:49 | 14:49 | 15:49 | 16:49 | 17:49 |
| Second Height    | 0.53  | 1.09  | 1.64  | 2.28  | 2.65  | 1.99  | 1.33  | 0.66  |

| Monday 16th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time       | 23:12 | 00:12 | 01:12 | 02:12 | 03:12 | 04:12 | 05:12 | 06:12 |
| First Height     | 0.56  | 1.16  | 1.75  | 2.43  | 2.82  | 2.12  | 1.41  | 0.71  |
| Second Time      | 11:37 | 12:37 | 13:37 | 14:37 | 15:37 | 16:37 | 17:37 | 18:37 |
| Second Height    | 0.53  | 1.08  | 1.64  | 2.27  | 2.64  | 1.98  | 1.32  | 0.66  |

| Tuesday 17th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time        | 00:01 | 01:01 | 02:01 | 03:01 | 04:01 | 05:01 | 06:01 | 07:01 |
| First Height      | 0.55  | 1.13  | 1.71  | 2.37  | 2.76  | 2.07  | 1.38  | 0.69  |
| Second Time       | 12:23 | 13:23 | 14:23 | 15:23 | 16:23 | 17:23 | 18:23 | 19:23 |
| Second Height     | 0.52  | 1.06  | 1.61  | 2.23  | 2.59  | 1.94  | 1.30  | 0.65  |

| Wednesday 18th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|---------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time          | 00:50 | 01:50 | 02:50 | 03:50 | 04:50 | 05:50 | 06:50 | 07:50 |
| First Height        | 0.52  | 1.07  | 1.62  | 2.25  | 2.62  | 1.97  | 1.31  | 0.66  |
| Second Time         | 13:10 | 14:10 | 15:10 | 16:10 | 17:10 | 18:10 | 19:10 | 20:10 |
| Second Height       | 0.50  | 1.02  | 1.54  | 2.14  | 2.49  | 1.87  | 1.25  | 0.62  |

| Thursday 19th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time         | 01:39 | 02:39 | 03:39 | 04:39 | 05:39 | 06:39 | 07:39 | 08:39 |
| First Height       | 0.49  | 1.00  | 1.52  | 2.11  | 2.45  | 1.84  | 1.23  | 0.61  |
| Second Time        | 13:57 | 14:57 | 15:57 | 16:57 | 17:57 | 18:57 | 19:57 | 20:57 |
| Second Height      | 0.47  | 0.97  | 1.47  | 2.04  | 2.37  | 1.78  | 1.19  | 0.59  |

| Friday 20th July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time       | 02:32 | 03:32 | 04:32 | 05:32 | 06:32 | 07:32 | 08:32 | 09:32 |
| First Height     | 0.45  | 0.93  | 1.40  | 1.94  | 2.26  | 1.69  | 1.13  | 0.56  |
| Second Time      | 14:49 | 15:49 | 16:49 | 17:49 | 18:49 | 19:49 | 20:49 | 21:49 |
| Second Height    | 0.44  | 0.91  | 1.38  | 1.91  | 2.22  | 1.67  | 1.11  | 0.56  |

| Saturday 21st July | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time         | 03:28 | 04:28 | 05:28 | 06:28 | 07:28 | 08:28 | 09:28 | 10:28 |
| First Height       | 0.42  | 0.85  | 1.29  | 1.79  | 2.08  | 1.56  | 1.04  | 0.52  |
| Second Time        | 15:48 | 16:48 | 17:48 | 18:48 | 19:48 | 20:48 | 21:48 | 22:48 |
| Second Height      | 0.42  | 0.85  | 1.29  | 1.79  | 2.08  | 1.56  | 1.04  | 0.52  |

### Times shown are LOCAL

These tables are intended as a guide only, and must be used in conjunction with your tide tables.

Always read the markings from the post at the sill entrance.

Please read these charts in conjunction with these notes.