

| Sunday 22nd September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time            | 01:35 | 02:35 | 03:35 | 04:35 | 05:35 | 06:35 | 07:35 | 08:35 |
| First Height          | 0.39  | 0.80  | 1.22  | 1.69  | 1.96  | 1.47  | 0.98  | 0.49  |
| Second Time           | 14:02 | 15:02 | 16:02 | 17:02 | 18:02 | 19:02 | 20:02 | 21:02 |
| Second Height         | 0.41  | 0.84  | 1.26  | 1.75  | 2.04  | 1.53  | 1.02  | 0.51  |

| Monday 23rd September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time            | 02:34 | 03:34 | 04:34 | 05:34 | 06:34 | 07:34 | 08:34 | 09:34 |
| First Height          | 0.36  | 0.73  | 1.11  | 1.54  | 1.79  | 1.34  | 0.90  | 0.45  |
| Second Time           | 15:13 | 16:13 | 17:13 | 18:13 | 19:13 | 20:13 | 21:13 | 22:13 |
| Second Height         | 0.38  | 0.77  | 1.17  | 1.63  | 1.89  | 1.42  | 0.95  | 0.47  |

| Tuesday 24th September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time             | 04:07 | 05:07 | 06:07 | 07:07 | 08:07 | 09:07 | 10:07 | 11:07 |
| First Height           | 0.34  | 0.70  | 1.06  | 1.47  | 1.71  | 1.28  | 0.86  | 0.43  |
| Second Time            | 16:47 | 17:47 | 18:47 | 19:47 | 20:47 | 21:47 | 22:47 | 23:47 |
| Second Height          | 0.38  | 0.78  | 1.18  | 1.63  | 1.90  | 1.42  | 0.95  | 0.48  |

| Wednesday 25th September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time               | 05:36 | 06:36 | 07:36 | 08:36 | 09:36 | 10:36 | 11:36 | 12:36 |
| First Height             | 0.37  | 0.76  | 1.15  | 1.60  | 1.86  | 1.40  | 0.93  | 0.47  |
| Second Time              | 18:13 | 19:13 | 20:13 | 21:13 | 22:13 | 23:13 | 00:13 | 01:13 |
| Second Height            | 0.43  | 0.88  | 1.33  | 1.84  | 2.14  | 1.61  | 1.07  | 0.54  |

| Thursday 26th September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time              | 06:45 | 07:45 | 08:45 | 09:45 | 10:45 | 11:45 | 12:45 | 13:45 |
| First Height            | 0.42  | 0.87  | 1.31  | 1.81  | 2.11  | 1.58  | 1.06  | 0.53  |
| Second Time             | 19:18 | 20:18 | 21:18 | 22:18 | 23:18 | 00:18 | 01:18 | 02:18 |
| Second Height           | 0.48  | 0.99  | 1.50  | 2.08  | 2.42  | 1.82  | 1.21  | 0.61  |

| Friday 27th September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time            | 07:43 | 08:43 | 09:43 | 10:43 | 11:43 | 12:43 | 13:43 | 14:43 |
| First Height          | 0.47  | 0.96  | 1.45  | 2.01  | 2.34  | 1.76  | 1.17  | 0.59  |
| Second Time           | 20:12 | 21:12 | 22:12 | 23:12 | 00:12 | 01:12 | 02:12 | 03:12 |
| Second Height         | 0.53  | 1.09  | 1.64  | 2.28  | 2.65  | 1.99  | 1.33  | 0.66  |

| Saturday 28th September | HW-4  | HW-3  | HW-2  | HW-1  | HW    | HW+1  | HW+2  | HW+3  |
|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time              | 08:34 | 09:34 | 10:34 | 11:34 | 12:34 | 13:34 | 14:34 | 15:34 |
| First Height            | 0.51  | 1.04  | 1.57  | 2.18  | 2.54  | 1.91  | 1.27  | 0.64  |
| Second Time             | 21:01 | 22:01 | 23:01 | 00:01 | 01:01 | 02:01 | 03:01 | 04:01 |
| Second Height           | 0.56  | 1.14  | 1.73  | 2.40  | 2.79  | 2.09  | 1.40  | 0.70  |

### 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.