

| Monday 8th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 04:56 | 05:56 | 06:56 | 07:56 | 08:56 | 09:56 | 10:56 | 11:56 |
| First Height | 0.38 | 0.77 | 1.17 | 1.63 | 1.89 | 1.42 | 0.95 | 0.47 |
| Second Time | 17:28 | 18:28 | 19:28 | 20:28 | 21:28 | 22:28 | 23:28 | 00:28 |
| Second Height | 0.40 | 0.82 | 1.24 | 1.72 | 2.00 | 1.50 | 1.00 | 0.50 |

| Tuesday 9th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 06:13 | 07:13 | 08:13 | 09:13 | 10:13 | 11:13 | 12:13 | 13:13 |
| First Height | 0.40 | 0.82 | 1.23 | 1.71 | 1.99 | 1.49 | 1.00 | 0.50 |
| Second Time | 18:46 | 19:46 | 20:46 | 21:46 | 22:46 | 23:46 | 00:46 | 01:46 |
| Second Height | 0.43 | 0.89 | 1.35 | 1.87 | 2.17 | 1.63 | 1.09 | 0.54 |

| Wednesday 10th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 07:22 | 08:22 | 09:22 | 10:22 | 11:22 | 12:22 | 13:22 | 14:22 |
| First Height | 0.43 | 0.88 | 1.33 | 1.85 | 2.15 | 1.61 | 1.08 | 0.54 |
| Second Time | 19:52 | 20:52 | 21:52 | 22:52 | 23:52 | 00:52 | 01:52 | 02:52 |
| Second Height | 0.48 | 0.98 | 1.48 | 2.05 | 2.38 | 1.79 | 1.19 | 0.60 |

| Thursday 11th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 08:23 | 09:23 | 10:23 | 11:23 | 12:23 | 13:23 | 14:23 | 15:23 |
| First Height | 0.46 | 0.95 | 1.44 | 2.00 | 2.32 | 1.74 | 1.16 | 0.58 |
| Second Time | 20:50 | 21:50 | 22:50 | 23:50 | 00:50 | 01:50 | 02:50 | 03:50 |
| Second Height | 0.52 | 1.06 | 1.60 | 2.22 | 2.58 | 1.94 | 1.29 | 0.65 |

| Friday 12th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 09:15 | 10:15 | 11:15 | 12:15 | 13:15 | 14:15 | 15:15 | 16:15 |
| First Height | 0.49 | 1.01 | 1.53 | 2.12 | 2.47 | 1.85 | 1.24 | 0.62 |
| Second Time | | | | | | | | |
| Second Height | | | | | | | | |

| Saturday 13th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 21:41 | 22:41 | 23:41 | 00:41 | 01:41 | 02:41 | 03:41 | 04:41 |
| First Height | 0.54 | 1.12 | 1.69 | 2.34 | 2.72 | 2.04 | 1.36 | 0.68 |
| Second Time | 10:03 | 11:03 | 12:03 | 13:03 | 14:03 | 15:03 | 16:03 | 17:03 |
| Second Height | 0.52 | 1.06 | 1.61 | 2.23 | 2.59 | 1.94 | 1.30 | 0.65 |

| Sunday 14th August | HW-4 | HW-3 | HW-2 | HW-1 | HW | HW+1 | HW+2 | HW+3 |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| First Time | 22:28 | 23:28 | 00:28 | 01:28 | 02:28 | 03:28 | 04:28 | 05:28 |
| First Height | 0.56 | 1.14 | 1.73 | 2.40 | 2.79 | 2.09 | 1.40 | 0.70 |
| Second Time | 10:46 | 11:46 | 12:46 | 13:46 | 14:46 | 15:46 | 16:46 | 17:46 |
| Second Height | 0.53 | 1.09 | 1.66 | 2.30 | 2.67 | 2.00 | 1.34 | 0.67 |

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.