

NATIONAL ENVIRONMENT AGENCY TIDE TABLE

March 2010

| 01 (MON) | | 02 (TUE) | | 03 (WED) | | 04 (THU) | | 05 (FRI) | |
|----------|-------|----------|-------|----------|-------|----------|-------|----------|-------|
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0526 | 1.0 | 0009 | 2.9 | 0037 | 3.0 | 0107 | 3.0 | 0137 | 3.0 |
| 1122 | 3.3 | 0609 | 0.8 | 0650 | 0.6 | 0733 | 0.5 | 0815 | 0.4 |
| 1801 | 0.3 | 1209 | 3.3 | 1256 | 3.3 | 1348 | 3.1 | 1445 | 2.9 |
| | | 1845 | 0.4 | 1924 | 0.6 | 2001 | 0.8 | 2031 | 1.1 |
| 06 (SAT) | | 07 (SUN) | | 08 (MON) | | 09 (TUE) | | 10 (WED) | |
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0211 | 3.0 | 0243 | 2.9 | 0320 | 2.7 | 0405 | 2.5 | 0541 | 2.3 |
| 0858 | 0.5 | 0945 | 0.6 | 1048 | 0.8 | 1222 | 0.9 | 1358 | 0.9 |
| 1539 | 2.6 | 1641 | 2.2 | 1811 | 2.0 | 2100 | 2.0 | 2201 | 2.2 |
| 2058 | 1.4 | 2128 | 1.6 | 2203 | 1.8 | 2343 | 2.0 | | |
| 11 (THU) | | 12 (FRI) | | 13 (SAT) | | 14 (SUN) | | 15 (MON) | |
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0228 | 1.9 | 0348 | 1.7 | 0416 | 1.5 | 0441 | 1.3 | 0507 | 1.1 |
| 0815 | 2.3 | 0924 | 2.4 | 1005 | 2.6 | 1039 | 2.7 | 1107 | 2.8 |
| 1520 | 0.8 | 1605 | 0.7 | 1637 | 0.6 | 1707 | 0.6 | 1737 | 0.6 |
| 2233 | 2.3 | 2258 | 2.4 | 2316 | 2.5 | 2333 | 2.6 | 2345 | 2.7 |
| 16 (TUE) | | 17 (WED) | | 18 (THU) | | 19 (FRI) | | 20 (SAT) | |
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0535 | 0.9 | 0603 | 0.8 | 0016 | 2.8 | 0037 | 2.9 | 0103 | 2.9 |
| 1135 | 2.9 | 1205 | 2.9 | 0633 | 0.7 | 0701 | 0.6 | 0731 | 0.5 |
| 1807 | 0.6 | 1835 | 0.7 | 1237 | 2.9 | 1311 | 2.8 | 1346 | 2.7 |
| 2358 | 2.8 | | | 1900 | 0.8 | 1922 | 1.0 | 1945 | 1.1 |
| 21 (SUN) | | 22 (MON) | | 23 (TUE) | | 24 (WED) | | 25 (THU) | |
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0131 | 2.9 | 0205 | 2.9 | 0245 | 2.8 | 0341 | 2.6 | 0501 | 2.4 |
| 0805 | 0.5 | 0848 | 0.5 | 0950 | 0.6 | 1115 | 0.7 | 1254 | 0.7 |
| 1431 | 2.5 | 1531 | 2.3 | 1701 | 2.1 | 1903 | 2.0 | 2043 | 2.2 |
| 2009 | 1.3 | 2043 | 1.4 | 2135 | 1.6 | 2320 | 1.8 | | |
| 26 (FRI) | | 27 (SAT) | | 28 (SUN) | | 29 (MON) | | 30 (TUE) | |
| time | metre | time | metre | time | metre | time | metre | time | metre |
| 0124 | 1.7 | 0248 | 1.5 | 0343 | 1.2 | 0426 | 0.9 | 0507 | 0.6 |
| 0711 | 2.4 | 0841 | 2.6 | 0939 | 2.9 | 1028 | 3.1 | 1115 | 3.2 |
| 1420 | 0.6 | 1524 | 0.5 | 1613 | 0.4 | 1658 | 0.5 | 1739 | 0.5 |
| 2131 | 2.4 | 2205 | 2.5 | 2231 | 2.7 | 2256 | 2.8 | 2324 | 2.9 |
| 31 (WED) | | | | | | | | | |
| time | metre | | | | | | | | |
| 0546 | 0.4 | | | | | | | | |
| 1203 | 3.2 | | | | | | | | |
| 1820 | 0.7 | | | | | | | | |
| 2354 | 3.0 | | | | | | | | |

Courtesy of NEA (National Environment Agency)