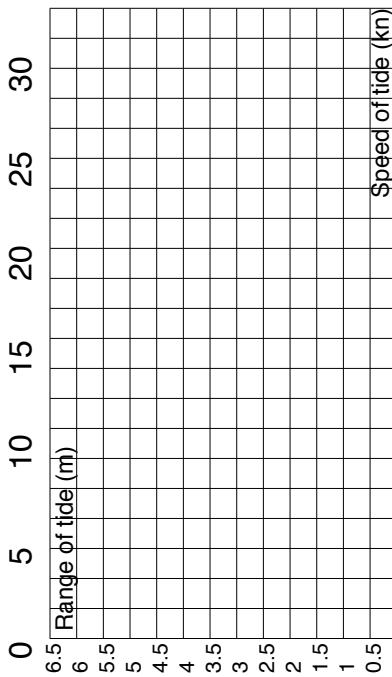


1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24

DATE:	mean springs range:
Standard PORT:	mean neaps range:
Constant (local port):	Pilot Reference:

60	GMT	BST ?	HW or LW	Height	Range (m)	Constant	local HW/LW
55							
50							
45							
40							
35							



Location	Going stream begins	Approximate time of going stream	Spring rate in Knots	Estimate for today
Time of HW				

Location	Going stream begins	Approximate time of going stream	Spring rate in Knots	Estimate for today
Time of HW				

Neap range is approximately half Spring range.
 Neap rate is approximately half Spring rate.

HW

1

2

2

3

3

3

3

4

4

4

4

5

5

6

LW

Rule of Twelfths

Rule of thirds	1/3	2/3	3/3	3/3	2/3	1/3	0	1/3	2/3	3/3	3/3	2/3	1/3
Hours before or after flow starts	-6	-5	-4	-3	-2	-1	Slack	+1	+2	+3	+4	+5	+6
50/90 rule	50%	90%	100%	90%	50%	0%	50%	90%	100%	90%	50%	50%	