		HEIGHTS ABOVE CHART DATUM High Water					
Date		Sunrise	Time	Height	Time	Height	Sunset
Wednesday	01	05:32	11:54	4.455m			21:12
Thursday	02	05:34	00:15	4.582m	12:32	4.315m	21:11
Friday	03	05:36	00:54	4.408m	13:12	4.133m	21:09
Saturday	04	05:37	01:38	4.198m	14:01	3.930m	21:07
Sunday	05	05:39	02:32	3.981m	15:02	3.747m	21:05
Monday	06	05:41	03:41	3.811m	16:19	3.672m	21:03
Tuesday	07	05:42	05:00	3.794m	17:37	3.815m	21:01
Wednesday	08	05:44	06:13	4.000m	18:45	4.171m	21:00
Thursday	09	05:46	07:18	4.367m	19:45	4.626m	20:58
Friday	10	05:47	08:15	4.776m	20:39	5.065m	20:56
Saturday	11	05:49	09:06	5.127m	21:27	5.408m	20:54
Sunday	12	05:51	09:53	5.359m	22:13	5.608m	20:52
Monday	13	05:52	10:38	5.439m	22:56	5.636m	20:50
Tuesday	14	05:54	11:21	5.355m	23:42	5.489m	20:47
Wednesday	15	05:56	12:07	5.122m			20:45
Thursday	16	05:57	00:29	5.186m	12:52	4.773m	20:43
Friday	17	05:59	01:14	4.770m	13:39	4.360m	20:41
Saturday	18	06:01	02:02	4.299m	14:29	3.938m	20:39
Sunday	19	06:02	02:56	3.839m	15:32	3.579m	20:37
Monday	20	06:04	04:05	3.477m	16:50	3.396m	20:35
Tuesday	21	06:06	05:25	3.346m	18:07	3.492m	20:32
Wednesday	22	06:08	06:39	3.500m	19:10	3.796m	20:30
Thursday	23	06:09	07:35	3.808m	19:57	4.152m	20:28
Friday	24	06:11	08:18	4.127m	20:35	4.464m	20:26
Saturday	25	06:13	08:54	4.391m	21:09	4.700m	20:24
Sunday	26	06:14	09:26	4.587m	21:41	4.860m	20:21
Monday	27	06:16	09:57	4.719m	22:11	4.956m	20:19
Tuesday	28	06:18	10:26	4.795m	22:41	4.991m	20:17
Wednesday	29	06:20	10:55	4.812m	23:12	4.960m	20:14
Thursday	30	06:21	11:27	4.758m	23:46	4.852m	20:12
Friday	31	06:23	12:03	4.626m			20:10

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Table provided by port-tides.com