

## Tide Timetable 2024 Ordnance Datum (Newlyn)

Tides highlighted in yellow will over-top the creeks onto the saltmarsh  
Those in green will likely displace birds from the estuary into the reserve

January					February						
	Time	m		Time	m		Time	m			
1	0324	-3.46	16	0400	-4.69	1	0401	-3.61	16	0447	-4.04
	0940	4.39		1014	5.83		1015	4.29		1112	4.69
Monday	1545	-3.30	Tuesday	1627	-4.69	Thursday	1617	-3.38	Friday	1708	-3.69
	2202	3.94		2235	5.24		2232	3.81	☽	2326	4.06
2	0355	-3.21	17	0440	-4.30	2	0429	-3.18	17	0523	-3.25
	1014	4.04		1100	5.33		1047	3.80		1158	3.75
Tuesday	1617	-3.04	Weds	1707	-4.21	Friday	1645	-2.96	Saturday	1751	-2.88
	2236	3.57		2320	4.67	☾	2306	3.31			
3	0430	-2.90	18	0521	-3.79	3	0502	-2.71	18	0018	3.25
	1051	3.67		1148	4.70		1128	3.30		0618	-2.45
Weds	1654	-2.73	Thursday	1751	-3.64	Saturday	1724	-2.51	Sunday	1304	2.96
	2316	3.19	☽				2356	2.86		1900	-2.18
4	0509	-2.54	19	0009	4.06	4	0551	-2.23	19	0139	2.70
	1136	3.31		0609	-3.23		1229	2.88		0754	-1.96
Thurs	1737	-2.40	Friday	1244	4.08	Sunday	1826	-2.08	Monday	1438	2.66
☾				1844	-3.08					2042	-2.01
5	0006	2.87	20	0109	3.55	5	0115	2.62	20	0321	2.83
	0600	-2.19		0713	-2.73		0723	-1.95		0942	-2.24
Friday	1233	3.04	Saturday	1350	3.61	Monday	1355	2.79	Tuesday	1609	3.09
	1835	-2.13		1953	-2.69		2012	-2.03		2215	-2.54
6	0111	2.73	21	0223	3.31	6	0248	2.92	21	0439	3.54
	0712	-2.02		0834	-2.52		0904	-2.35		1056	-2.96
Saturday	1342	3.00	Sunday	1506	3.47	Tuesday	1524	3.23	Weds	1714	3.84
	1954	-2.13		2113	-2.64		2142	-2.60		2318	-3.27
7	0224	2.93	22	0341	3.46	7	0408	3.70	22	0535	4.29
	0836	-2.23		0959	-2.71		1024	-3.11		1147	-3.61
Sunday	1453	3.27	Monday	1621	3.70	Weds	1641	4.02	Thursday	1802	4.49
	2110	-2.48		2230	-2.96		2259	-3.40			
8	0335	3.46	23	0450	3.92	8	0514	4.63	23	0004	-3.84
	0945	-2.75		1106	-3.16		1132	-3.94		0618	4.83
Monday	1600	3.79	Tuesday	1723	4.13	Thursday	1744	4.87	Friday	1229	-4.04
	2217	-3.02		2330	-3.41					1841	4.90
9	0436	4.15	24	0545	4.44	9	0002	-4.18	24	0043	-4.21
	1048	-3.36		1159	-3.59		0610	5.47		0654	5.16
Tuesday	1702	4.39	Weds	1813	4.55	Friday	1230	-4.68	Saturday	1305	-4.30
	2318	-3.59				●	1838	5.59	☾	1915	5.14
10	0532	4.81	25	0018	-3.80	10	0055	-4.83	25	0118	-4.44
	1146	-3.93		0630	4.84		0700	6.13		0727	5.34
Weds	1757	4.95	Thursday	1244	-3.89	Saturday	1322	-5.26	Sunday	1338	-4.45
			☾	1856	4.84		1926	6.12		1945	5.28
11	0013	-4.08	26	0100	-4.05	11	0143	-5.31	26	0149	-4.59
	0623	5.37		0710	5.09		0747	6.59		0756	5.45
Thurs	1239	-4.39	Friday	1323	-4.07	Sunday	1409	-5.65	Monday	1407	-4.55
●	1848	5.40		1933	5.00		2010	6.44		2013	5.35
12	0103	-4.46	27	0136	-4.19	12	0227	-5.59	27	0218	-4.67
	0711	5.79		0746	5.20		0831	6.81		0824	5.48
Friday	1330	-4.75	Saturday	1357	-4.15	Monday	1451	-5.79	Tuesday	1435	-4.57
	1936	5.72		2007	5.04		2052	6.49		2040	5.32
13	0151	-4.74	28	0209	-4.25	13	0307	-5.60	28	0245	-4.63
	0757	6.08		0818	5.22		0913	6.73		0851	5.38
Saturday	1418	-5.00	Sunday	1429	-4.18	Tuesday	1530	-5.62	Weds	1500	-4.45
	2022	5.91		2039	5.01		2132	6.23		2106	5.12
14	0237	-4.90	29	0239	-4.24	14	0343	-5.31	29	0310	-4.40
	0843	6.21		0849	5.16		0953	6.31		0918	5.09
Sunday	1503	-5.10	Monday	1458	-4.14	Weds	1603	-5.15	Thursday	1524	-4.15
	2107	5.90		2107	4.88		2209	5.67		2132	4.73
15	0320	-4.90	30	0308	-4.15	15	0415	-4.76	30		
	0929	6.14		0918	5.00		1032	5.59			
Monday	1546	-5.00	Tuesday	1525	-4.00	Thursday	1636	-4.47			
	2151	5.68		2135	4.64		2246	4.91			
			31	0335	-3.95						
				0946	4.71						
			Weds	1551	-3.74						
				2203	4.27						

## Tide Timetable 2024 Ordnance Datum (Newlyn)

Tides highlighted in yellow will over-top the creeks onto the saltmarsh  
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March					April						
	Time	m		Time	m		Time	m			
1	0333	-4.02	16	0414	-3.98	1	0500	-3.22	16	0012	2.96
	0943	4.63		1038	4.43		1123	3.57		0609	-2.14
Friday	1545	-3.75	Saturday	1630	-3.55	Monday	1715	-2.94	Tuesday	1301	2.35
	2157	4.22		2249	3.95		2345	3.27		1842	-1.77
2	0356	-3.56	17	0445	-3.13	2	0546	-2.67	17	0134	2.37
	1010	4.08		1121	3.38		1221	2.95		0752	-1.66
Saturday	1607	-3.32	Sunday	1708	-2.67	Tuesday	1812	-2.31	Weds	1442	2.15
	2224	3.66		2337	3.03					2042	-1.61
3	0422	-3.08	18	0534	-2.23	3	0103	2.76	18	0323	2.52
	1044	3.50		1227	2.49		0712	-2.17		0942	-2.06
Sunday	1639	-2.83	Monday	1813	-1.84	Weds	1354	2.62	Thursday	1612	2.71
	2306	3.10					2003	-1.95		2215	-2.24
4	0505	-2.52	19	0103	2.35	4	0525	2.88	19	0439	3.25
	1139	2.91		0723	-1.64		0915	-2.47		1053	-2.81
Monday	1732	-2.23	Tuesday	1415	2.21	Thursday	1542	3.08	Friday	1713	3.53
				2018	-1.66		2200	-2.57		2315	-3.04
5	0022	2.60	20	0300	2.54	5	0425	3.78	20	0432	4.01
	0627	-1.99		0924	-2.07		1045	-3.39		1143	-3.49
Tuesday	1312	2.56	Weds	1551	2.84	Friday	1704	4.10	Saturday	1759	4.23
	1923	-1.85		2156	-2.37		2324	-3.60			
6	0212	2.70	21	0419	3.40	6	0534	4.88	21	0001	-3.67
	0834	-2.23		1035	-2.94		1157	-4.37		0615	4.57
Weds	1500	2.96	Thursday	1652	3.74	Saturday	1806	5.13	Sunday	1224	-3.95
	2119	-2.43		2255	-3.23					1837	4.72
7	0347	3.57	22	0512	4.24	7	0025	-4.55	22	0040	-4.10
	1006	-3.14		1123	-3.67		0630	5.81		0651	4.94
Thursday	1625	3.94	Friday	1737	4.48	Sunday	1253	-5.13	Monday	1301	-4.24
	2245	-3.43		2339	-3.89		1858	5.91		1911	5.05
8	0457	4.70	23	0552	4.82	8	0116	-5.23	23	0116	-4.38
	1118	-4.17		1203	-4.14		0719	6.43		0724	5.17
Friday	1729	5.01	Saturday	1815	4.94	Monday	1341	-5.61	Tuesday	1336	-4.42
	2348	-4.42					1943	6.38		1942	5.28
9	0554	5.70	24	0017	-4.30	9	0202	-5.63	24	0150	-4.56
	1216	-5.04		0627	5.16		0803	6.75		0755	5.32
Saturday	1821	5.86	Sunday	1237	-4.41	Tuesday	1424	-5.81	Weds	1408	-4.53
				1847	5.21		2024	6.60		2013	5.42
10	0040	-5.19	25	0051	-4.55	10	0242	-5.76	25	0222	-4.65
	0643	6.44		0658	5.36		0845	6.80		0826	5.39
Sunday	1306	-5.65	Monday	1309	-4.57	Weds	1503	-5.75	Thursday	1439	-4.55
	1908	6.43		1916	5.39		2103	6.56		2043	5.45
11	0126	-5.70	26	0121	-4.71	11	0318	-5.61	26	0254	-4.62
	0728	6.89		0727	5.50		0924	6.54		0857	5.33
Monday	1350	-5.99	Tuesday	1339	-4.67	Thursday	1536	-5.42	Friday	1508	-4.45
	1951	6.73		1944	5.50		2139	6.21		2113	5.32
12	0208	-5.93	27	0151	-4.80	12	0351	-5.17	27	0323	-4.44
	0810	7.05		0755	5.55		1000	5.95		0928	5.11
Tuesday	1430	-6.03	Weds	1407	-4.69	Friday	1607	-4.84	Saturday	1535	-4.21
	2030	6.73		2012	5.50		2213	5.58		2144	5.01
13	0245	-5.86	28	0219	-4.76	13	0420	-4.51	28	0351	-4.13
	0850	6.87		0823	5.47		1036	5.09		1000	4.73
Weds	1505	-5.74	Thursday	1433	-4.56	Saturday	1634	-4.10	Sunday	1601	-3.87
	2106	6.40		2038	5.32		2247	4.74		2216	4.57
14	0318	-5.45	29	0245	-4.53	14	0448	-3.73	29	0421	-3.75
	0927	6.31		0850	5.18		1113	4.10		1036	4.23
Thursday	1536	-5.15	Friday	1457	-4.26	Sunday	1703	-3.31	Monday	1632	-3.46
	2141	5.76		2104	4.94		2324	3.82		2254	4.06
15	0347	-4.78	30	0309	-4.14	15	0520	-2.93	30	0457	-3.31
	1003	5.45		0917	4.73		1156	3.13		1121	3.68
Friday	1603	-4.38	Saturday	1518	-3.87	Monday	1739	-2.51	Tuesday	1713	-2.97
	2214	4.90		2130	4.43					2348	3.53
			31	0431	-3.70						
				1045	4.17						
			Sunday	1641	-3.44						
				2300	3.87						

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May					June						
	Time	m		Time	m		Time	m		Time	m
<b>1</b>	0552	-2.85	<b>16</b>	0101	2.74	<b>1</b>	0212	4.02	<b>16</b>	0219	3.02
	1223	3.20		0709	-2.02		0824	-3.41		0830	-2.40
Weds	1818	-2.50	Thursday	1351	2.42	Saturday	1446	3.83	Sunday	1458	2.87
				1945	-1.87		2055	-3.20		2102	-2.35
<b>2</b>	0103	3.22	<b>17</b>	0223	2.70	<b>2</b>	0322	4.30	<b>17</b>	0323	3.17
	0717	-2.62		0839	-2.14		0934	-3.64		0936	-2.59
Thursday	1348	3.05	Friday	1510	2.64	Sunday	1556	4.17	Monday	1601	3.20
	1956	-2.39		2110	-2.16		2208	-3.54		2206	-2.68
<b>3</b>	0235	3.42	<b>18</b>	0337	3.06	<b>3</b>	0428	4.66	<b>18</b>	0423	3.49
	0854	-2.96		0948	-2.57		1042	-3.92		1035	-2.92
Friday	1518	3.47	Saturday	1615	3.16	Monday	1659	4.58	Tuesday	1657	3.68
	2132	-2.92		2215	-2.68		2315	-3.90		2303	-3.10
<b>4</b>	0357	4.12	<b>19</b>	0436	3.58	<b>4</b>	0528	4.99	<b>19</b>	0518	3.90
	1014	-3.63		1046	-3.06		1145	-4.18		1130	-3.31
Saturday	1634	4.24	Sunday	1707	3.74	Tuesday	1756	4.96	Weds	1748	4.19
	2251	-3.68		2309	-3.22					2356	-3.53
<b>5</b>	0504	4.92	<b>20</b>	0524	4.07	<b>5</b>	0014	-4.21	<b>20</b>	0608	4.31
	1124	-4.30		1134	-3.49		0623	5.22		1221	-3.67
Sunday	1736	5.01	Monday	1751	4.26	Weds	1239	-4.38	Thursday	1835	4.65
	2354	-4.37		2355	-3.66		1846	5.25			
<b>6</b>	0600	5.57	<b>21</b>	0606	4.48	<b>6</b>	0105	-441.00	<b>21</b>	0045	-3.89
	1221	-4.81		1218	-3.83		0712	5.36		0655	4.65
Monday	1827	5.58	Tuesday	1830	4.68	Thursday	1327	-4.49	Friday	1308	-3.96
						●	1932	5.44		1919	5.00
<b>7</b>	0046	-4.86	<b>22</b>	0036	-4.00	<b>7</b>	0151	-4.50	<b>22</b>	0131	-4.15
	0651	5.98		0645	4.78		0758	5.39		0739	4.91
Tuesday	1311	-5.11	Weds	1258	-4.07	Friday	1411	-4.50	Saturday	1352	-4.16
	1914	5.94		1908	4.99		2015	5.48	○	2002	5.24
<b>8</b>	0133	-5.12	<b>23</b>	0116	-4.23	<b>8</b>	0233	-4.45	<b>23</b>	0216	-4.34
	0736	6.17		0723	4.99		0842	5.27		0824	5.10
Weds	1354	-5.22	Thursday	1336	-4.23	Saturday	1451	-4.37	Sunday	1436	-4.29
●	1956	6.10	○	1944	5.20		2057	5.36		2045	5.40
<b>9</b>	0215	-5.19	<b>24</b>	0154	-4.37	<b>9</b>	0313	-4.25	<b>24</b>	0301	-4.47
	0818	6.16		0800	5.11		0924	5.00		0907	5.21
Thursday	1434	-5.15	Friday	1412	-4.31	Sunday	1528	-4.09	Monday	1519	-4.35
	2036	6.07		2019	5.29		2138	5.04		2128	5.47
<b>10</b>	0253	-5.05	<b>25</b>	0231	-4.41	<b>10</b>	0350	-3.91	<b>25</b>	0345	-4.53
	0900	5.92		0836	5.14		1005	4.57		0951	5.22
Friday	1510	-4.88	Saturday	1447	-4.29	Monday	1603	-3.71	Tuesday	1602	-4.33
	2115	5.80		2055	5.27		2217	4.60		2213	5.42
<b>11</b>	0328	-4.69	<b>26</b>	0307	-4.35	<b>11</b>	0424	-3.52	<b>26</b>	0430	-4.49
	0939	5.43		0914	5.05		1044	4.08		1037	5.09
Saturday	1543	-4.41	Sunday	1522	-4.17	Tuesday	1636	-3.32	Weds	1645	-4.21
	2152	5.27		2133	5.12		2256	4.12		2300	5.25
<b>12</b>	0400	-4.13	<b>27</b>	0345	-4.19	<b>12</b>	0458	-3.16	<b>27</b>	0514	-4.35
	1018	4.72		0954	4.83		1123	3.60		1124	4.84
Sunday	1614	-3.80	Monday	1558	-3.94	Weds	1711	-2.96	Thursday	1730	-4.00
	2230	4.57		2213	4.85		2336	3.68		2349	4.98
<b>13</b>	0432	-3.50	<b>28</b>	0424	-3.94	<b>13</b>	0536	-2.85	<b>28</b>	0600	-4.12
	1057	3.93		1037	4.50		1205	3.20		1214	4.51
Monday	1645	-3.17	Tuesday	1639	-3.64	Thursday	1751	-2.65	Friday	1817	-3.74
	2309	3.83		2300	4.50				☾		
<b>14</b>	0507	-2.85	<b>29</b>	0509	-3.66	<b>14</b>	0021	3.33	<b>29</b>	0042	4.66
	1141	3.19		1127	4.12		0624	-2.60		0651	-3.84
Tuesday	1724	-2.57	Weds	1727	-3.32	Friday	1254	2.91	Saturday	1309	4.18
	2357	3.17		2354	4.16	☽	1843	-2.38		1910	-3.45
<b>15</b>	0554	-2.35	<b>30</b>	0605	-3.41	<b>15</b>	0117	3.09	<b>30</b>	0141	4.36
	1236	2.63		1225	3.81		0721	-2.41		0747	-3.57
Weds	1818	-2.07	Thursday	1826	-3.06	Saturday	1353	2.78	Sunday	1409	3.93
☽			☾				1950	-2.25		2014	-3.23
			<b>31</b>	0100	3.97						
				Friday	0712	-3.30					
				1333	3.68						
				1939	-3.00						

## Tide Timetable 2024 Ordnance Datum (Newlyn)

Tides highlighted in yellow will over-top the creeks onto the saltmarsh  
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July					August						
	Time	m		Time	m		Time	m		Time	m
1	0245	4.16	16	0208	2.90	1	0444	3.42	16	0355	2.86
	0851	-3.36		0815	-2.20		1054	-2.77		1014	-2.31
Monday	1515	3.84	Tuesday	1450	2.77	Thursday	1718	3.69	Friday	1642	3.40
	2125	-3.14		2100	-2.15		2339	-3.00		2257	-2.82
2	0352	4.08	17	0319	2.95	2	0557	3.87	17	0515	3.64
	1001	-3.31		0936	-2.33		1205	-3.26		1131	-3.12
Tuesday	1624	3.95	Weds	1604	3.11	Friday	1822	4.28	Saturday	1750	4.35
	2239	-3.25		2216	-2.53						
3	0500	4.18	18	0431	3.32	3	0039	-3.52	18	0006	-3.68
	1112	-3.44		1047	-2.78		0654	4.39		0619	4.53
Weds	1730	4.24	Thursday	1711	3.72	Saturday	1300	-3.73	Sunday	1235	-3.91
	2348	-3.50		2321	-3.10		1913	4.78		1845	5.23
4	0603	4.40	19	0536	3.88	4	0129	-3.92	19	0104	-4.43
	1215	-3.68		1151	-3.32		0740	4.77		0713	5.30
Thursday	1828	4.59	Friday	1809	4.39	Sunday	1345	-4.05	Monday	1329	-4.57
						●	1956	5.10	○	1936	5.91
5	0047	-3.79	20	0021	-3.68	5	0211	-4.15	20	0156	-5.02
	0659	4.65		0634	4.46		0820	4.99		0801	5.87
Friday	1309	-3.92	Saturday	1248	-3.83	Monday	1424	-4.22	Tuesday	1418	-5.06
●	1919	4.90		1901	4.98		2033	5.25		2021	6.40
6	0137	-4.00	21	0117	-4.17	6	0248	-4.25	21	0243	-5.44
	0748	4.84		0726	4.97		0856	5.07		0845	6.25
Saturday	1356	-4.08	Sunday	1341	-4.25	Tuesday	1459	-4.29	Weds	1502	-5.38
	2005	5.09	○	1949	5.46		2107	5.29		2106	6.69
7	0222	-4.11	22	0208	-4.57	7	0320	-4.27	22	0327	-5.65
	0832	4.93		0814	5.38		0927	5.06		0927	6.40
Sunday	1439	-4.13	Monday	1429	-4.58	Weds	1530	-4.28	Thursday	1543	-5.48
	2047	5.15		2036	5.83		2138	5.24		2148	6.72
8	0303	-4.10	23	0256	-4.90	8	0349	-4.23	23	0406	-5.59
	0912	4.89		0900	5.68		0957	4.96		1007	6.27
Monday	1516	-4.07	Tuesday	1515	-4.84	Thursday	1558	-4.20	Friday	1620	-5.28
	2126	5.06		2121	6.08		2207	5.09		2227	6.41
9	0339	-4.00	24	0341	-5.13	9	0415	-4.11	24	0441	-5.22
	0950	4.73		0944	5.84		1024	4.74		1045	5.82
Tuesday	1551	-3.92	Weds	1558	-4.96	Friday	1624	-4.02	Saturday	1653	-4.80
	2201	4.87		2205	6.15		2234	4.81		2306	5.77
10	0412	-3.84	25	0424	-5.17	10	0440	-3.88	25	0513	-4.58
	1024	4.48		1027	5.78		1051	4.39		1121	5.11
Weds	1621	-3.74	Thursday	1639	-4.89	Saturday	1649	-3.70	Sunday	1724	-4.12
	2235	4.60		2248	5.99		2302	4.39		2345	4.90
11	0441	-3.66	26	0503	-4.98	11	0504	-3.51	26	0545	-3.82
	1056	4.18		1109	5.47		1118	3.92		1200	4.28
Thursday	1651	-3.53	Friday	1716	-4.59	Sunday	1715	-3.26	Monday	1758	-3.33
	2307	4.29		2332	5.58		2330	3.86			
12	0510	-3.44	27	0541	-4.56	12	0530	-3.06	27	0030	3.94
	1128	3.85		1151	4.97		1148	3.39		0623	-3.00
Friday	1721	-3.27	Saturday	1754	-4.12	Monday	1745	-2.75	Tuesday	1249	3.44
	2341	3.93				☽				1846	-2.51
13	0542	-3.15	28	0016	4.98	13	0006	3.30	28	0131	3.07
	1203	3.47		0619	-4.00		0603	-2.56		0724	-2.22
Saturday	1755	-2.92	Sunday	1236	4.35	Tuesday	1231	2.88	Weds	1403	2.80
☽			☾	1835	-3.55		1827	-2.21		2017	-1.90
14	0019	3.53	29	0106	4.30	14	0059	2.79	29	0303	2.63
	0619	-2.80		0705	-3.39		0655	-2.05		0908	-1.91
Sunday	1245	3.09	Monday	1328	3.75	Weds	1342	2.51	Thursday	1548	2.81
	1838	-2.53		1929	-2.96		1945	-1.79		2214	-2.10
15	0106	3.15	30	0206	3.68	15	0221	2.53	30	0441	2.99
	0706	-2.43		0807	-2.84		0836	-1.82		1050	-2.40
Monday	1339	2.80	Tuesday	1436	3.33	Thursday	1518	2.66	Friday	1715	3.53
	1938	-2.19		2047	-2.55		2137	-2.04		2336	-2.87
31			31	0321	3.33	31			31	0552	3.80
				0928	-2.59					1157	-3.20
			Weds	1558	3.29				Saturday	1815	4.37
				2217	-2.58						

### Tide Timetable 2024 Ordnance Datum (Newlyn)

Tides highlighted in yellow will over-top the creeks onto the saltmarsh  
Those in green will likely displace birds from the estuary into the reserve

September					October										
	Time	m		Time	m		Time	m		Time	m				
<b>1</b>	0030	-3.62	<b>16</b>	0601	4.78	<b>1</b>	0047	-4.15	<b>16</b>	0021	-4.76				
	0643	4.54		1218	-4.10		0657	5.12		0628	5.76				
Sunday	1247	-3.85	Monday	1826	5.56	Tuesday	1300	-4.27	Weds	1246	-4.85				
	1900	4.99					1911	5.40		1850	6.37				
<b>2</b>	0114	-4.11	<b>17</b>	0047	-4.73	<b>2</b>	0121	-4.39	<b>17</b>	0112	-5.28				
	0724	5.01		0654	5.67		0730	5.36		0714	6.30				
	Monday	1327		-4.23	Tues		1312	-4.87		Weds	1333	-4.46	Thursday	1333	-5.29
		1939		5.32			1915	6.33		●	1942	5.54	○	1936	6.75
<b>3</b>	0151	-4.34	<b>18</b>	0137	-5.35	<b>3</b>	0153	-4.49	<b>18</b>	0157	-5.53				
	0800	5.24		0741	6.28		0800	5.48		0757	6.57				
	Tuesday	1403		-4.42	Weds		1358	-5.37		Thursday	1404	-4.56	Friday	1415	-5.46
	●	2012		5.47	○		2001	6.80			2011	5.60		2018	6.84
<b>4</b>	0224	-4.45	<b>19</b>	0223	-5.71	<b>4</b>	0222	-4.53	<b>19</b>	0237	-5.53				
	0830	5.34		0824	6.61		0827	5.54		0837	6.59				
	Weds	1434		-4.51	Thursday		1441	-5.63		Friday	1433	-4.60	Saturday	1454	-5.37
		2041		5.53			2043	7.00			2039	5.61		2059	6.64
<b>5</b>	0253	-4.50	<b>20</b>	0304	-5.80	<b>5</b>	0250	-4.51	<b>20</b>	0315	-5.26				
	0859	5.38		0903	6.68		0854	5.51		0915	6.32				
	Thursday	1503		-4.55	Friday		1520	-5.61		Saturday	1501	-4.52	Sunday	1530	-5.00
		2109		5.53			2124	6.89			2106	5.49		2139	6.13
<b>6</b>	0321	-4.49	<b>21</b>	0341	-5.59	<b>6</b>	0315	-4.37	<b>21</b>	0348	-4.73				
	0826	5.34		0942	6.44		0921	5.32		0953	5.76				
	Friday	1530		-4.49	Saturday		1555	-5.29		Sunday	1527	-4.28	Monday	1603	-4.36
		2136		5.41			2203	6.42			2132	5.18		2218	5.31
<b>7</b>	0345	-4.36	<b>22</b>	0414	-5.07	<b>7</b>	0339	-4.06	<b>22</b>	0419	-3.99				
	0951	5.14		1018	5.88		0947	4.94		1030	4.95				
	Saturday	1555		-4.27	Sunday		1627	-4.67		Monday	1551	-3.88	Tuesday	1634	-3.57
		2202		5.11			2239	5.62			2158	4.71		2257	4.32
<b>8</b>	0409	-4.07	<b>23</b>	0444	-4.33	<b>8</b>	0400	-3.65	<b>23</b>	0450	-3.17				
	1016	4.75		1053	5.07		1012	4.42		1110	4.02				
	Sunday	1618		-3.88	Monday		1656	-3.87		Tuesday	1614	-3.40	Weds	1709	-2.73
		2227		4.63			2318	4.60			2225	4.13		2343	3.33
<b>9</b>	0429	-3.64	<b>24</b>	0512	-3.47	<b>9</b>	0422	-3.19	<b>24</b>	0527	-2.36				
	1040	4.22		1130	4.12		1040	3.84		1201	3.15				
	Monday	1639		-3.38	Tuesday		1727	-2.99		Weds	1639	-2.89	Thursday	1758	-1.95
		2251		4.04	Ⓒ						2259	3.51	Ⓒ		
<b>10</b>	0450	-3.17	<b>25</b>	0000	3.53	<b>10</b>	0451	-2.68	<b>25</b>	0048	2.54				
	1106	3.63		0548	-2.59		1119	3.23		0628	-1.65				
	Tuesday	1704		-2.85	Weds		1218	3.18		Thursday	1720	-2.34	Friday	1321	2.58
		2322		3.41			1815	-2.09		Ⓓ	2351	2.88		1941	-1.50
<b>11</b>	0517	-2.66	<b>26</b>	0105	2.60	<b>11</b>	0541	-2.08	<b>26</b>	0225	2.32				
	1142	3.04		0650	-1.75		1230	2.70		0826	-1.49				
	Weds	1741		-2.27	Thursday		1342	2.49		Friday	1834	-1.81	Saturday	1505	2.73
	Ⓓ				2002		-1.48						2128	-1.91	
<b>12</b>	0010	2.78	<b>27</b>	0252	2.28	<b>12</b>	0118	2.48	<b>27</b>	0252	2.85				
	0603	-2.06		0857	-1.52		0717	-1.62		0857	-2.10				
	Thursday	1249		2.49	Friday		1539	2.67		Saturday	1419	2.72	Sunday	1521	3.45
		1851		-1.69			2207	-1.95			2043	-1.98		2139	-2.67
<b>13</b>	0138	2.35	<b>28</b>	0429	2.91	<b>13</b>	0308	2.84	<b>28</b>	0355	3.65				
	0739	-1.56		1037	-2.26		0927	-2.13		1000	-2.90				
	Friday	1442		2.49	Saturday		1659	3.57		Sunday	1554	3.57	Monday	1615	4.21
		2108		-1.82			2319	-2.88			2214	-2.92		2228	-3.37
<b>14</b>	0330	2.67	<b>29</b>	0533	3.86	<b>14</b>	0432	3.84	<b>29</b>	0442	4.36				
	0951	-2.07		1138	-3.19		1050	-3.16		1045	-3.55				
	Saturday	1620		3.35	Sunday		1753	4.47		Monday	1703	4.70	Tuesday	1658	4.77
		2239		-2.78							2324	-3.95		2309	-3.84
<b>15</b>	0457	3.67	<b>30</b>	0007	-3.67	<b>15</b>	0536	4.92	<b>30</b>	0521	4.85				
	1115	-3.10		0619	4.64		1153	-4.13		1124	-3.96				
	Sunday	1730		4.52	Monday		1222	-3.87		Tuesday	1800	5.69	Weds	1735	5.11
		2349		-3.85			1835	5.08					2345	-4.11	
									<b>31</b>	0555	5.16				
									Thursday	1159	-4.21				
										1808	5.30				

