





Hour before/after HW	GMT/ BST/ UT-1	Period from/to	Tidal Diamond	Tidal Effect	
				Direction	Rate
HW					Springs
					Interpolate
					Neaps
HW+1					Springs
					Interpolate
					Neaps
HW+2					Springs
					Interpolate
					Neaps
HW+3					Springs
					Interpolate
					Neaps
HW+4					Springs
					Interpolate
					Neaps

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