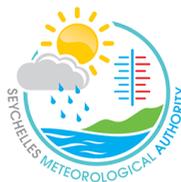


SEYCHELLES METEOROLOGICAL AUTHORITY

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**TIDE MOVEMENT****SMA/OPS/FM/034****Created by: R. Soy****Revision Number: 0
(New)****Page 1 of 1**

Date/Month	March 2026							
	Low Tide 1		Low Tide 2		High Tide 1		High Tide 2	
	Time	Height (m)	Time	Height (m)	Time	Height (m)	Time	Height (m)
01-Mar	10:04	0.6	21:38	0.7	03:16	1.8	16:05	1.5
02-Mar	10:35	0.6	22:28	0.7	04:04	1.9	16:42	1.6
03-Mar	11:04	0.5	23:12	0.6	04:44	1.9	17:17	1.8
04-Mar	11:32	0.5	23:51	0.6	05:19	1.8	17:49	1.8
05-Mar	11:59	0.5	**.**	*.*	05:50	1.8	18:20	1.9
06-Mar	00:27	0.6	12:27	0.5	06:17	1.7	18:49	1.9
07-Mar	01:02	0.7	12:55	0.6	06:42	1.6	19:16	1.8
08-Mar	01:37	0.7	13:22	0.6	07:07	1.5	19:42	1.8
09-Mar	02:15	0.8	13:45	0.7	07:32	1.4	20:11	1.7
10-Mar	03:00	0.9	13:53	0.8	08:01	1.3	20:48	1.6
11-Mar	03:55	1.0	14:02	0.9	08:36	1.2	21:39	1.6
12-Mar	06:56	1.0	14:27	1.0	09:27	1.1	23:55	1.5
13-Mar	08:17	0.9	17:13	1.0	13:35	1.1	**.**	*.*
14-Mar	08:57	0.8	19:48	1.0	01:19	1.6	14:54	1.2
15-Mar	09:27	0.8	20:54	0.9	02:20	1.6	15:23	1.3
16-Mar	09:54	0.7	21:39	0.8	03:05	1.7	15:47	1.5
17-Mar	10:20	0.6	22:18	0.7	03:42	1.8	16:12	1.6
18-Mar	10:44	0.6	22:54	0.7	04:14	1.8	16:41	1.8
19-Mar	11:06	0.6	23:30	0.6	04:47	1.8	17:12	1.9
20-Mar	11:28	0.5	**.**	*.*	05:19	1.8	17:44	2.0
21-Mar	00:07	0.6	11:51	0.5	05:52	1.7	18:18	2.1
22-Mar	00:47	0.6	12:18	0.5	06:27	1.6	18:55	2.1
23-Mar	01:31	0.7	12:47	0.6	07:03	1.5	19:36	2.0
24-Mar	02:22	0.7	13:21	0.6	07:43	1.4	20:22	1.9
25-Mar	03:25	0.8	14:01	0.8	08:32	1.2	21:18	1.8
26-Mar	04:47	0.9	14:57	0.9	09:50	1.1	22:32	1.7
27-Mar	06:41	0.9	17:25	1.0	12:44	1.2	**.**	*.*
28-Mar	08:04	0.8	19:26	1.0	00:31	1.6	14:12	1.3
29-Mar	08:49	0.8	20:43	0.9	02:02	1.7	15:03	1.5
30-Mar	09:25	0.7	21:37	0.8	03:01	1.7	15:42	1.7
31-Mar	09:57	0.6	22:22	0.7	03:47	1.7	16:17	1.8