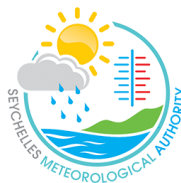


SEYCHELLES METEOROLOGICAL AUTHORITY

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

Date/Month	July 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- July	00:03	0.4	11:00	0.6	05:35	1.1	17:30	1.7
02- July	00:32	0.4	11:32	0.6	06:06	1.1	18:02	1.7
03- July	01:00	0.4	12:07	0.6	06:40	1.2	18:35	1.6
04- July	01:28	0.4	12:46	0.6	07:16	1.2	19:10	1.6
05- July	01:57	0.5	13:31	0.7	07:54	1.3	19:46	1.5
06- July	02:25	0.5	14:24	0.7	08:36	1.3	20:22	1.4
07- July	02:53	0.5	15:33	0.8	09:24	1.2	21:03	1.3
08- July	03:25	0.5	17:00	0.8	10:21	1.4	21:52	1.1
09- July	04:05	0.6	18:30	0.8	11:33	1.5	23:00	1.0
10- July	05:09	0.6	20:03	0.7	12:52	1.6	**.**	*.*
11- July	06:37	0.6	21:16	0.6	00:49	0.9	13:59	1.7
12- July	07:50	0.5	22:08	0.5	02:35	0.9	14:57	1.8
13- July	08:54	0.5	22:50	0.4	03:40	1.0	15:49	1.8
14- July	09:53	0.4	23:28	0.3	04:34	1.1	16:36	1.9
15- July	10:48	0.4	**.**	*.*	05:20	1.2	17:19	1.9
16- July	00:04	0.3	11:40	0.4	06:03	1.3	17:59	1.8
17- July	00:39	0.3	12:30	0.4	06:44	1.4	18:38	1.7
18- July	01:14	0.3	13:19	0.5	07:25	1.5	19:15	1.6
19- July	01:47	0.4	14:08	0.6	08:07	1.5	19:53	1.5
20- July	02:20	0.4	15:00	0.7	08:52	1.5	20:30	1.3
21- July	02:53	0.5	16:01	0.8	09:42	1.5	21:08	1.2
22- July	03:27	0.6	17:25	0.9	10:40	1.5	21:54	1.0
23- July	04:04	0.6	19:23	0.8	11:47	1.4	23:23	0.9
24- July	04:51	0.7	21:02	0.8	12:59	1.4	**.**	*.*
25- July	06:04	0.8	21:50	0.7	01:19	0.9	14:06	1.5
26- July	07:49	0.8	22:22	0.6	03:03	0.9	15:00	1.5
27- July	08:57	0.7	22:50	0.5	03:59	1.0	15:42	1.6
28- July	09:46	0.7	23:16	0.5	04:34	1.1	16:17	1.6
29- July	10:25	0.6	23:41	0.5	04:58	1.1	16:46	1.7
30- July	11:00	0.6	**.**	*.*	05:19	1.2	17:14	1.7
31- July	00:05	0.4	11:31	0.6	05:45	1.3	17:44	1.7