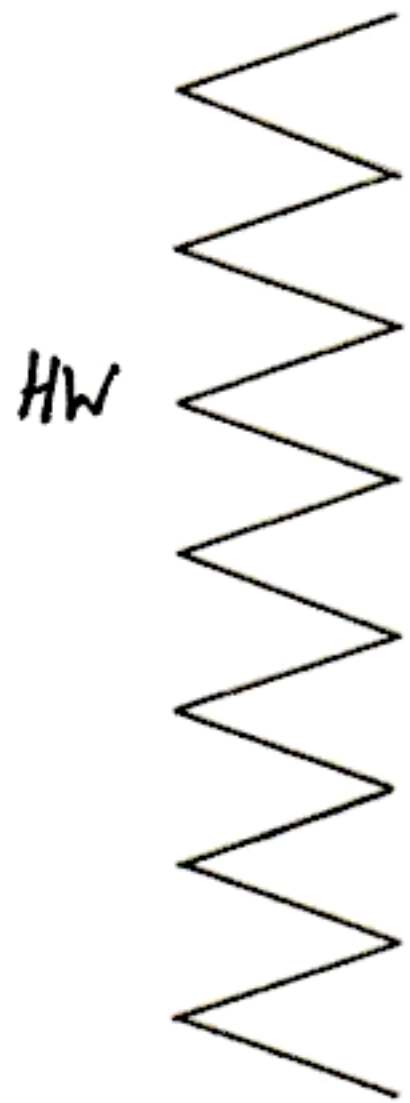


TIDAL HOUR

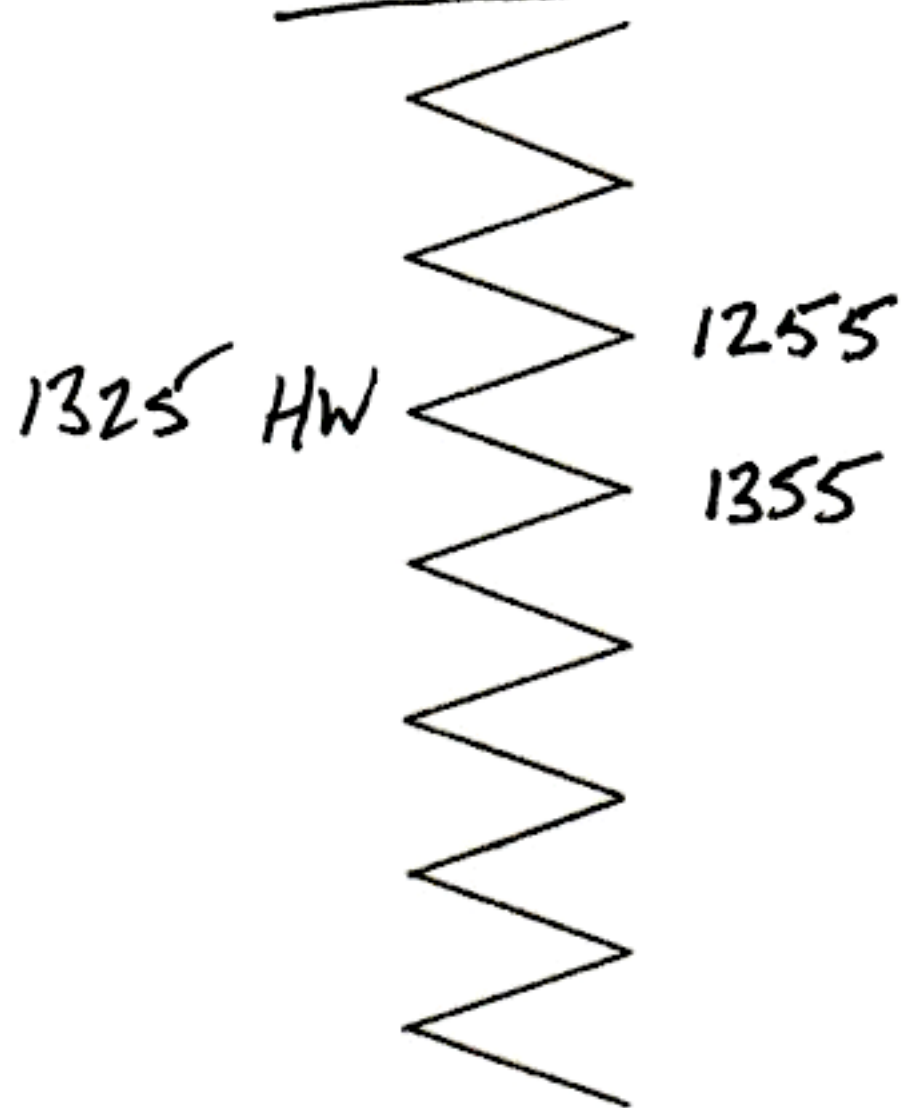
STAGE 1



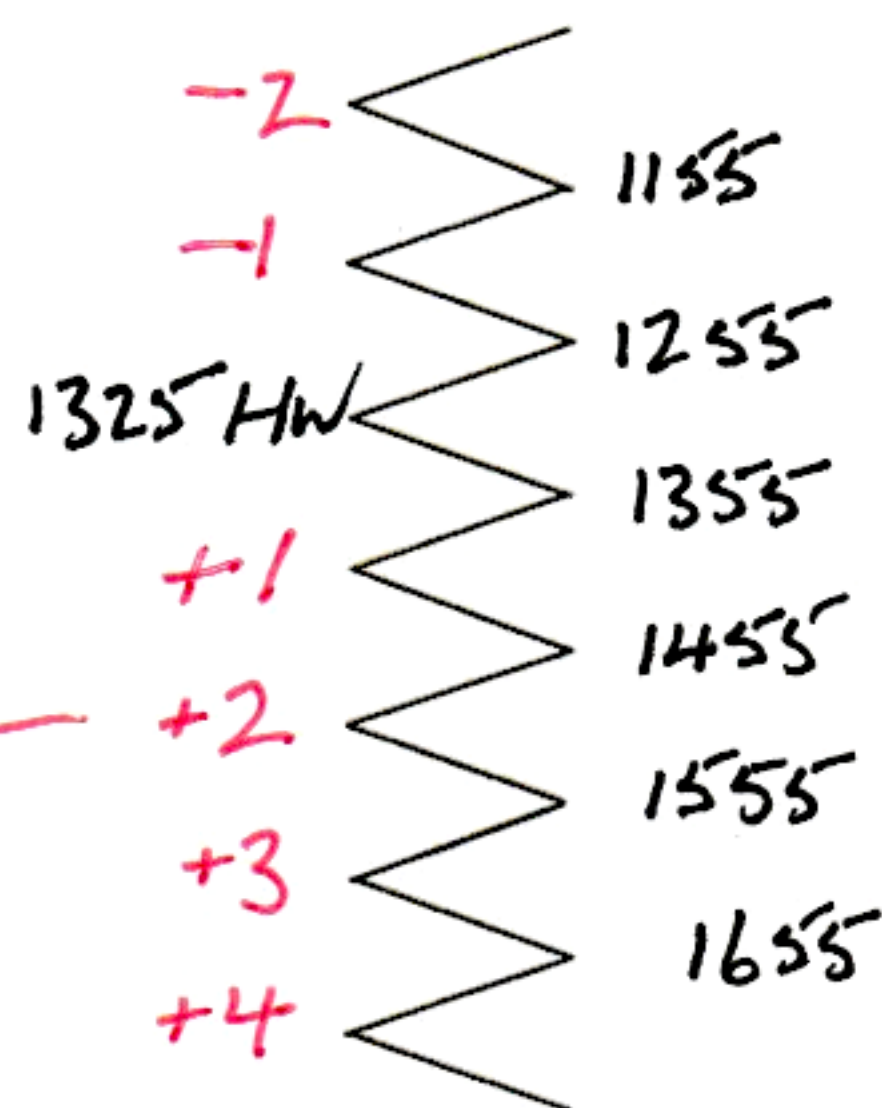
STAGE 2



STAGE 3



STAGE 4



Example : 1455 to 1555 = HW + 2.

STAGE

- ① Pick one of the points on the left hand side and label it "HW"
- ② Put the time of HW next to the "HW" label.
- ③ On the right hand side now mark the times half an hour before HW and half an hour after HW.
- ④ Mark the other points on the right hand side increasing/decreasing by 1 hour. label points on left h.s.