

JANUARY 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Sun	1	0052	3.3	1317	3.6
Mon	2	0144	3.3	1400	3.7
Tue	3	0234	3.3	1444	3.7
Wed	4	0323	3.3	1529	3.7
Thur	5	0412	3.3	1616	3.7
Fri	6	0501	3.2	1707	3.6
Sat	7	0551	3.1	1802	3.4
Sun	8	0643	3.0	1904	3.2
Mon	9	0742	3.0	2026	3.1
Tue	10	0901	3.0	2149	3.1
Wed	11	1011	3.1	2253	3.1
Thur	12	1104	3.2	2346	3.1
Fri	13	1149	3.4		
Sat	14	0034	3.1	1230	3.5
Sun	15	0117	3.1	1308	3.5
Mon	16	0155	3.1	1344	3.6
Tue	17	0230	3.1	1418	3.6
Wed	18	0302	3.0	1451	3.5
Thur	19	0335	3.0	1525	3.5
Fri	20	0409	3.0		
Sat	21	0445	3.0	1639	3.3
Sun	22	0524	2.9	1721	3.2
Mon	23	0608	2.8	1809	3.0
Tue	24	0701	2.7	1907	2.9
Wed	25	0812	2.7	2021	2.9
Thur	26	0940	2.8	2146	2.9
Fri	27	1045	3.0	2255	3.0
Sat	28	1135	3.3	2353	3.2
Sun	29			1220	3.5
Mon	30	0047	3.2	1306	3.6
Tue	31	0138	3.3	1350	3.8

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Sun	1	0339	5.6	1559	5.6
Mon	2	0426	5.7	1644	5.7
Tue	3	0514	5.7	1732	5.7
Wed	4	0604	5.6	1820	5.6
Thur	5	0653	5.4	1908	5.5
Fri	6	0742	5.2	1958	5.3
Sat	7	0833	4.9	2051	5.0
Sun	8	0930	4.7	2152	4.8
Mon	9	1035	4.6	2303	4.7
Tue	10	1145	4.7		
Wed	11	0011	4.7	1249	4.8
Thur	12	0114	4.8	1348	5.0
Fri	13	0209	4.9	1440	5.2
Sat	14	0257	5.0	1525	5.3
Sun	15	0338	5.0	1600	5.3
Mon	16	0411	5.0	1631	5.3
Tue	17	0445	5.0	1700	5.3
Wed	18	0520	5.0	1733	5.2
Thur	19	0558	4.9	1810	5.0
Fri	20	0637	4.8	1850	4.8
Sat	21	0717	4.7	1931	4.7
Sun	22	0759	4.5	2014	4.5
Mon	23	0845	4.4	2105	4.4
Tue	24	0938	4.3	2206	4.4
Wed	25	1043	4.4	2320	4.5
Thur	26	1153	4.6		
Fri	27	0030	4.7	1259	4.8
Sat	28	0133	5.2	1358	5.3
Sun	29	0229	5.5	1452	5.6
Mon	30	0322	5.7	1542	5.8
Tue	31	0409	5.9	1629	6.0

FEBRUARY 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Wed	1	0226	3.3	1434	3.8
Thur	2	0309	3.4	1516	3.9
Fri	3	0349	3.4	1558	3.8
Sat	4	0427	3.3	1641	3.6
Sun	5	0507	3.2	1725	3.4
Mon	6	0550	3.1	1815	3.1
Tue	7	0640	2.9	1919	2.8
Wed	8	0746	2.8	2143	2.7
Thur	9	0948	2.9	2252	2.9
Fri	10	1050	3.1	2342	3.0
Sat	11	1137	3.2		
Sun	12	0026	3.0	1218	3.4
Mon	13	0106	3.0	1255	3.4
Tue	14	0141	3.0	1328	3.4
Wed	15	0212	3.0	1358	3.4
Thur	16	0238	3.0	1427	3.4
Fri	17	0304	3.0	1459	3.4
Sat	18	0332	3.1	1532	3.4
Sun	19	0402	3.0	1607	3.3
Mon	20	0435	2.9	1645	3.2
Tue	21	0511	2.8	1728	3.0
Wed	22	0558	2.7	1824	2.8
Thur	23	0709	2.6	1942	2.7
Fri	24	0904	2.6	2130	2.7
Sat	25	1024	2.9	2249	2.9
Sun	26	1117	3.2	2346	3.1
Mon	27			1204	3.4
Tue	28	0036	3.2	1249	3.6

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Wed	1	0456	5.9	1715	6.0
Thur	2	0543	5.8	1802	5.9
Fri	3	0629	5.6	1847	5.7
Sat	4	0715	5.4	1930	5.4
Sun	5	0801	4.9	2019	5.1
Mon	6	0854	4.6	2117	4.6
Tue	7	0957	4.4	2233	4.4
Wed	8	1116	4.4	2353	4.4
Thur	9			1229	4.5
Fri	10	0100	4.5	1332	4.8
Sat	11	0157	4.7	1425	5.1
Sun	12	0242	4.9	1508	5.3
Mon	13	0320	5.1	1542	5.3
Tue	14	0351	5.2	1611	5.4
Wed	15	0422	5.2	1640	5.3
Thur	16	0454	5.2	1712	5.3
Fri	17	0530	5.1	1748	5.2
Sat	18	0607	4.9	1825	5.1
Sun	19	0646	4.8	1903	4.8
Mon	20	0726	4.6	1943	4.6
Tue	21	0808	4.4	2029	4.4
Wed	22	0858	4.3	2129	4.3
Thur	23	1000	4.2	2246	4.3
Fri	24	1117	4.4		
Sat	25	0003	4.6	1229	4.7
Sun	26	0111	5.1	1333	5.2
Mon	27	0208	5.5	1429	5.6
Tue	28	0301	5.8	1522	5.9

MARCH 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Wed	1	0123	3.3	1334	3.8
Thur	2	0205	3.4	1416	3.9
Fri	3	0242	3.4	1457	3.9
Sat	4	0317	3.4	1535	3.8
Sun	5	0352	3.4	1614	3.6
Mon	6	0429	3.3	1655	3.3
Tue	7	0510	3.1	1741	3.0
Wed	8	0558	2.9	1839	2.6
Thur	9	0659	2.8	2141	2.6
Fri	10	0923	2.7	2241	2.7
Sat	11	1031	3.0	2326	2.9
Sun	12	1117	3.1		
Mon	13	0005	3.0	1157	3.2
Tue	14	0042	3.0	1232	3.3
Wed	15	0114	3.0	1303	3.3
Thur	16	0143	3.0	1330	3.3
Fri	17	0206	3.0	1359	3.3
Sat	18	0229	3.1	1431	3.3
Sun	19	0256	3.1	1505	3.3
Mon	20	0325	3.1	1540	3.2
Tue	21	0356	3.0	1617	3.1
Wed	22	0429	2.9	1700	2.9
Thur	23	0513	2.7	1758	2.7
Fri	24	0626	2.6	1926	2.6
Sat	25	0837	2.6	2124	2.7
Sun	26	1001	2.9	2237	2.9
Mon	27	1054	3.2	2329	3.1
Tue	28	1142	3.4		
Wed	29	0015	3.2	1228	3.6
Thur	30	0058	3.3	1312	3.7
Fri	31	0136	3.4	1354	3.8

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Wed	1	0349	6.0	1608	6.1
Thur	2	0434	6.0	1653	6.1
Fri	3	0518	5.9	1737	6.0
Sat	4	0603	5.7	1822	5.8
Sun	5	0647	5.3	1905	5.4
Mon	6	0730	4.8	1951	4.8
Tue	7	0819	4.5	2048	4.4
Wed	8	0924	4.2	2209	4.1
Thur	9	1051	4.1	2336	4.2
Fri	10		1208	4.4
Sat	11	0044	4.4	1311	4.7
Sun	12	0138	4.6	1401	4.9
Mon	13	0220	4.8	1442	5.2
Tue	14	0255	5.1	1517	5.3
Wed	15	0326	5.2	1547	5.3
Thur	16	0356	5.3	1617	5.3
Fri	17	0428	5.3	1649	5.3
Sat	18	0502	5.2	1724	5.2
Sun	19	0538	5.1	1801	5.1
Mon	20	0617	4.9	1838	4.8
Tue	21	0657	4.7	1919	4.6
Wed	22	0741	4.4	2007	4.4
Thur	23	0830	4.2	2106	4.2
Fri	24	0934	4.2	2223	4.3
Sat	25	1052	4.4	2346	4.6
Sun	26		1206	4.7
Mon	27	0051	5.2	1309	5.3
Tue	28	0147	5.5	1405	5.6
Wed	29	0239	5.8	1459	5.9
Thur	30	0327	5.9	1547	6.0
Fri	31	0410	5.9	1632	6.0

APRIL 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Sat	1	0211	3.4	1434	3.7
Sun	2	0246	3.5	1513	3.6
Mon	3	0321	3.5	1551	3.4
Tue	4	0358	3.4	1632	3.1
Wed	5	0438	3.2	1720	2.8
Thur	6	0527	3.0	1824	2.5
Fri	7	0630	2.8	2114	2.5
Sat	8	0814	2.7	2212	2.7
Sun	9	0956	2.9	2254	2.8
Mon	10	1044	3.0	2332	2.9
Tue	11	1123	3.1		
Wed	12	0007	3.0	1158	3.1
Thur	13	0040	3.0	1228	3.1
Fri	14	0108	3.0	1257	3.2
Sat	15	0132	3.0	1329	3.2
Sun	16	0157	3.1	1405	3.2
Mon	17	0226	3.2	1441	3.2
Tue	18	0257	3.2	1519	3.1
Wed	19	0330	3.1	1600	3.0
Thur	20	0406	3.0	1649	2.8
Fri	21	0455	2.8	1757	2.6
Sat	22	0617	2.7	1932	2.6
Sun	23	0813	2.7	2107	2.7
Mon	24	0932	3.0	2213	2.9
Tue	25	1028	3.2	2303	3.1
Wed	26	1116	3.4	2347	3.2
Thur	27			1203	3.5
Fri	28	0028	3.3	1248	3.6
Sat	29	0107	3.4	1332	3.5
Sun	30	0143	3.4	1414	3.5

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Sat	1	0454	5.8	1715	5.9
Sun	2	0536	5.5	1759	5.6
Mon	3	0620	5.2	1843	5.2
Tue	4	0702	4.7	1928	4.6
Wed	5	0748	4.4	2024	4.2
Thur	6	0852	4.1	2146	4.0
Fri	7	1024	4.1	2310	4.1
Sat	8	1137	4.3		
Sun	9	0014	4.3	1235	4.6
Mon	10	0104	4.6	1323	4.8
Tue	11	0146	4.8	1405	5.1
Wed	12	0222	5.1	1442	5.2
Thur	13	0256	5.2	1519	5.3
Fri	14	0329	5.3	1552	5.3
Sat	15	0402	5.3	1627	5.3
Sun	16	0437	5.3	1703	5.2
Mon	17	0514	5.2	1740	5.1
Tue	18	0554	5.0	1821	5.0
Wed	19	0636	4.7	1904	4.7
Thur	20	0722	4.5	1954	4.5
Fri	21	0814	4.3	2054	4.3
Sat	22	0919	4.3	2208	4.4
Sun	23	1034	4.5	2327	4.7
Mon	24	1145	5.0		
Tue	25	0029	5.2	1244	5.3
Wed	26	0123	5.5	1341	5.6
Thur	27	0216	5.7	1436	5.8
Fri	28	0305	5.8	1528	5.8
Sat	29	0350	5.7	1613	5.8
Sun	30	0433	5.6	1657	5.6

MAY 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Mon	1	0219	3.5	1454	3.4
Tue	2	0256	3.5	1535	3.2
Wed	3	0334	3.4	1619	3.0
Thur	4	0415	3.2	1711	2.7
Fri	5	0504	3.0	1815	2.6
Sat	6	0604	2.8	1940	2.5
Sun	7	0719	2.8	2113	2.6
Mon	8	0850	2.8	2205	2.7
Tue	9	0953	2.9	2248	2.8
Wed	10	1037	3.0	2326	2.9
Thur	11	1113	3.0		
Fri	12	0001	3.0	1148	3.0
Sat	13	0032	3.0	1224	3.1
Sun	14	0101	3.1	1302	3.1
Mon	15	0131	3.2	1343	3.1
Tue	16	0204	3.2	1425	3.1
Wed	17	0240	3.3	1509	3.0
Thur	18	0317	3.2	1557	2.9
Fri	19	0400	3.1	1655	2.8
Sat	20	0457	3.0	1805	2.7
Sun	21	0615	2.9	1920	2.7
Mon	22	0744	2.9	2033	2.8
Tue	23	0859	3.0	2138	2.9
Wed	24	0959	3.2	2231	3.0
Thur	25	1051	3.3	2318	3.1
Fri	26	1140	3.3		
Sat	27	0001	3.2	1228	3.3
Sun	28	0042	3.3	1314	3.3
Mon	29	0121	3.4	1359	3.2
Tue	30	0200	3.5	1442	3.1
Wed	31	0238	3.5	1525	3.0

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Mon	1	0514	5.4	1740	5.4
Tue	2	0557	5.1	1824	5.0
Wed	3	0639	4.7	1908	4.6
Thur	4	0723	4.4	1959	4.3
Fri	5	0820	4.2	2107	4.1
Sat	6	0940	4.2	2223	4.1
Sun	7	1051	4.3	2327	4.2
Mon	8	1147	4.5		
Tue	9	0018	4.5	1236	4.7
Wed	10	0102	4.7	1321	4.8
Thur	11	0143	5.0	1404	5.1
Fri	12	0222	5.1	1446	5.2
Sat	13	0301	5.2	1528	5.3
Sun	14	0339	5.3	1606	5.3
Mon	15	0417	5.3	1645	5.3
Tue	16	0456	5.2	1726	5.2
Wed	17	0538	5.1	1809	5.1
Thur	18	0624	4.8	1855	4.8
Fri	19	0712	4.7	1946	4.7
Sat	20	0806	4.6	2044	4.6
Sun	21	0908	4.6	2151	4.6
Mon	22	1014	4.7	2258	4.8
Tue	23	1119	5.1		
Wed	24	0000	5.1	1219	5.3
Thur	25	0057	5.3	1318	5.4
Fri	26	0153	5.4	1416	5.5
Sat	27	0245	5.5	1510	5.5
Sun	28	0334	5.5	1558	5.5
Mon	29	0416	5.4	1641	5.4
Tue	30	0458	5.3	1724	5.2
Wed	31	0538	5.1	1806	5.0

JUNE 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03–29/10

GREENOCK		HW	HT	HW	HT
Thur	1	0317	3.4	1610	2.9
Fri	2	0357	3.3	1659	2.8
Sat	3	0442	3.1	1752	2.7
Sun	4	0534	3.0	1847	2.7
Mon	5	0632	2.9	1945	2.6
Tue	6	0733	2.8	2049	2.7
Wed	7	0837	2.8	2150	2.7
Thur	8	0937	2.9	2240	2.8
Fri	9	1027	2.9	2322	2.9
Sat	10	1112	3.0		
Sun	11	0000	3.0	1157	3.0
Mon	12	0036	3.1	1242	3.1
Tue	13	0113	3.2	1329	3.1
Wed	14	0151	3.3	1418	3.0
Thur	15	0231	3.4	1508	3.0
Fri	16	0314	3.3	1600	3.0
Sat	17	0400	3.3	1656	2.9
Sun	18	0454	3.2	1753	2.9
Mon	19	0557	3.1	1850	2.9
Tue	20	0707	3.0	1949	2.8
Wed	21	0823	3.0	2055	2.8
Thur	22	0932	3.1	2200	2.9
Fri	23	1033	3.1	2254	3.0
Sat	24	1127	3.1	2342	3.1
Sun	25		1218	3.1
Mon	26	0025	3.2	1307	3.1
Tue	27	0106	3.3	1353	3.0
Wed	28	0146	3.4	1436	3.0
Thur	29	0223	3.4	1516	2.9
Fri	30	0301	3.4	1555	2.9

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03–29/10

GRANGEMOUTH		HW	HT	HW	HT
Thur	1	0620	4.8	1848	4.6
Fri	2	0702	4.6	1931	4.4
Sat	3	0748	4.5	2020	4.3
Sun	4	0842	4.3	2116	4.2
Mon	5	0945	4.3	2217	4.2
Tue	6	1046	4.4	2317	4.3
Wed	7	1141	4.5		
Thur	8	0011	4.5	1234	4.7
Fri	9	0059	4.7	1325	5.0
Sat	10	0147	5.0	1415	5.1
Sun	11	0234	5.2	1502	5.2
Mon	12	0318	5.3	1546	5.3
Tue	13	0400	5.3	1629	5.4
Wed	14	0441	5.3	1712	5.4
Thur	15	0527	5.3	1759	5.3
Fri	16	0615	5.2	1847	5.2
Sat	17	0705	5.2	1935	5.1
Sun	18	0756	5.1	2028	5.0
Mon	19	0850	5.0	2124	4.8
Tue	20	0948	5.0	2226	4.8
Wed	21	1051	5.0	2331	4.8
Thur	22	1155	5.1		
Fri	23	0033	5.0	1259	5.2
Sat	24	0134	5.1	1400	5.2
Sun	25	0229	5.2	1456	5.3
Mon	26	0320	5.3	1544	5.3
Tue	27	0403	5.3	1626	5.2
Wed	28	0443	5.3	1706	5.1
Thur	29	0521	5.2	1744	5.0
Fri	30	0558	5.1	1822	4.8

JULY 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Sat	1	0338	3.3	1636	2.9
Sun	2	0417	3.2	1717	2.8
Mon	3	0458	3.1	1800	2.8
Tue	4	0545	3.0	1845	2.7
Wed	5	0636	2.9	1936	2.7
Thur	6	0735	2.8	2038	2.7
Fri	7	0842	2.8	2150	2.7
Sat	8	0949	2.8	2248	2.9
Sun	9	1047	2.9	2334	3.0
Mon	10	1139	3.0		
Tue	11	0017	3.2	1231	3.0
Wed	12	0059	3.3	1323	3.1
Thur	13	0141	3.4	1414	3.1
Fri	14	0224	3.5	1504	3.1
Sat	15	0307	3.5	1551	3.1
Sun	16	0351	3.5	1636	3.1
Mon	17	0438	3.4	1722	3.1
Tue	18	0528	3.3	1808	3.0
Wed	19	0626	3.1	1858	2.9
Thur	20	0738	2.9	2000	2.8
Fri	21	0914	2.8	2131	2.8
Sat	22	1029	2.9	2239	3.0
Sun	23	1127	3.0	2330	3.1
Mon	24		1218	3.0
Tue	25	0015	3.2	1305	3.0
Wed	26	0056	3.3	1347	3.0
Thur	27	0133	3.4	1424	2.9
Fri	28	0208	3.4	1457	2.9
Sat	29	0241	3.4	1529	2.9
Sun	30	0313	3.4	1601	3.0
Mon	31	0346	3.3	1634	2.9

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Sat	1	0635	4.8	1859	4.6
Sun	2	0715	4.7	1938	4.5
Mon	3	0759	4.6	2021	4.4
Tue	4	0846	4.4	2108	4.3
Wed	5	0941	4.4	2205	4.3
Thur	6	1044	4.4	2311	4.4
Fri	7	1148	4.5		
Sat	8	0013	4.5	1248	4.7
Sun	9	0111	4.8	1344	4.9
Mon	10	0204	5.1	1437	5.2
Tue	11	0255	5.3	1527	5.4
Wed	12	0341	5.5	1611	5.6
Thur	13	0426	5.6	1657	5.6
Fri	14	0512	5.6	1743	5.6
Sat	15	0601	5.6	1829	5.5
Sun	16	0647	5.6	1915	5.4
Mon	17	0734	5.4	2002	5.2
Tue	18	0824	5.2	2054	4.8
Wed	19	0920	4.9	2153	4.6
Thur	20	1025	4.8	2303	4.6
Fri	21	1136	4.7		
Sat	22	0013	4.7	1245	4.8
Sun	23	0118	4.8	1348	4.9
Mon	24	0216	5.1	1443	5.1
Tue	25	0306	5.3	1530	5.2
Wed	26	0348	5.3	1608	5.2
Thur	27	0424	5.3	1641	5.2
Fri	28	0456	5.3	1715	5.1
Sat	29	0529	5.2	1749	4.9
Sun	30	0604	5.1	1824	4.8
Mon	31	0642	4.9	1901	4.7

AUGUST 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Tue	1	0422	3.2	1710	2.9
Wed	2	0502	3.1	1751	2.8
Thur	3	0549	2.9	1839	2.7
Fri	4	0647	2.8	1939	2.6
Sat	5	0759	2.7	2102	2.7
Sun	6	0922	2.7	2220	2.8
Mon	7	1033	2.9	2314	3.1
Tue	8	1131	3.0	2359	3.3
Wed	9			1223	3.1
Thur	10	0043	3.4	1314	3.2
Fri	11	0127	3.6	1402	3.2
Sat	12	0210	3.7	1446	3.3
Sun	13	0252	3.7	1526	3.3
Mon	14	0333	3.7	1604	3.3
Tue	15	0414	3.6	1642	3.2
Wed	16	0457	3.4	1724	3.1
Thur	17	0546	3.1	1811	3.0
Fri	18	0649	2.8	1909	2.8
Sat	19	0920	2.7	2109	2.8
Sun	20	1033	2.8	2228	3.0
Mon	21	1125	3.0	2318	3.2
Tue	22			1210	3.0
Wed	23	0001	3.3	1251	3.1
Thur	24	0040	3.4	1327	3.0
Fri	25	0115	3.4	1359	3.0
Sat	26	0146	3.4	1428	3.0
Sun	27	0214	3.4	1454	3.1
Mon	28	0244	3.4	1520	3.1
Tue	29	0316	3.4	1550	3.1
Wed	30	0349	3.3	1623	3.0
Thur	31	0426	3.1	1700	2.9

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Tue	1	0721	4.7	1939	4.6
Wed	2	0802	4.5	2021	4.4
Thur	3	0850	4.4	2108	4.3
Fri	4	0948	4.3	2208	4.2
Sat	5	1101	4.3	2325	4.4
Sun	6			1214	4.6
Mon	7	0034	4.6	1317	4.9
Tue	8	0134	5.1	1413	5.3
Wed	9	0228	5.4	1504	5.6
Thur	10	0319	5.7	1550	5.8
Fri	11	0405	5.9	1635	5.9
Sat	12	0450	6.0	1720	5.9
Sun	13	0537	6.0	1805	5.8
Mon	14	0624	5.8	1849	5.5
Tue	15	0708	5.6	1934	5.2
Wed	16	0757	5.2	2024	4.8
Thur	17	0852	4.8	2123	4.5
Fri	18	1003	4.5	2240	4.4
Sat	19	1126	4.5	2359	4.5
Sun	20			1237	4.6
Mon	21	0106	4.8	1340	4.8
Tue	22	0202	5.1	1429	5.1
Wed	23	0249	5.3	1511	5.2
Thur	24	0328	5.4	1544	5.2
Fri	25	0359	5.4	1613	5.2
Sat	26	0427	5.4	1642	5.2
Sun	27	0457	5.3	1714	5.2
Mon	28	0531	5.2	1749	5.1
Tue	29	0608	5.1	1826	4.9
Wed	30	0647	4.8	1903	4.7
Thur	31	0727	4.6	1943	4.5

SEPTEMBER 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Fri	1	0509	2.9	1745	2.8
Sat	2	0606	2.7	1850	2.6
Sun	3	0727	2.6	2024	2.7
Mon	4	0908	2.7	2156	2.9
Tue	5	1028	2.9	2252	3.2
Wed	6	1122	3.1	2339	3.4
Thur	7			1210	3.2
Fri	8	0023	3.6	1255	3.3
Sat	9	0107	3.7	1338	3.4
Sun	10	0150	3.8	1417	3.4
Mon	11	0231	3.8	1453	3.5
Tue	12	0310	3.8	1529	3.5
Wed	13	0349	3.6	1606	3.4
Thur	14	0430	3.3	1647	3.3
Fri	15	0517	3.0	1735	3.1
Sat	16	0620	2.7	1835	2.9
Sun	17	0926	2.7	2044	2.8
Mon	18	1025	2.9	2208	3.1
Tue	19	1109	3.1	2257	3.3
Wed	20	1148	3.1	2338	3.4
Thur	21			1223	3.2
Fri	22	0015	3.4	1257	3.2
Sat	23	0048	3.4	1327	3.2
Sun	24	0116	3.4	1353	3.2
Mon	25	0144	3.4	1416	3.2
Tue	26	0214	3.4	1442	3.3
Wed	27	0247	3.4	1512	3.3
Thur	28	0321	3.3	1544	3.2
Fri	29	0357	3.1	1618	3.1
Sat	30	0439	2.9	1701	2.9

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Fri	1	0811	4.4	2028	4.3
Sat	2	0906	4.2	2126	4.2
Sun	3	1019	4.3	2242	4.3
Mon	4	1145	4.5		
Tue	5	0000	4.6	1252	4.9
Wed	6	0103	5.2	1348	5.4
Thur	7	0159	5.6	1438	5.8
Fri	8	0250	5.9	1526	6.0
Sat	9	0339	6.1	1609	6.1
Sun	10	0424	6.3	1654	6.0
Mon	11	0510	6.1	1737	5.8
Tue	12	0557	5.9	1822	5.5
Wed	13	0643	5.5	1906	5.1
Thur	14	0731	5.1	1955	4.6
Fri	15	0828	4.6	2056	4.3
Sat	16	0949	4.3	2225	4.2
Sun	17	1116	4.3	2346	4.5
Mon	18			1227	4.6
Tue	19	0049	4.8	1323	4.8
Wed	20	0141	5.1	1407	5.1
Thur	21	0223	5.3	1444	5.2
Fri	22	0259	5.4	1516	5.3
Sat	23	0329	5.4	1543	5.3
Sun	24	0357	5.4	1611	5.3
Mon	25	0428	5.4	1642	5.3
Tue	26	0502	5.3	1716	5.2
Wed	27	0538	5.1	1753	4.9
Thur	28	0618	4.8	1832	4.7
Fri	29	0659	4.6	1913	4.5
Sat	30	0745	4.4	2000	4.3

OCTOBER 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Sun	1	0537	2.7	1809	2.8
Mon	2	0709	2.6	1955	2.8
Tue	3	0858	2.8	2128	3.0
Wed	4	1012	3.0	2226	3.3
Thur	5	1103	3.2	2314	3.5
Fri	6	1147	3.4	2359	3.7
Sat	7		1228	3.5
Sun	8	0043	3.8	1308	3.5
Mon	9	0127	3.9	1346	3.6
Tue	10	0209	3.8	1422	3.7
Wed	11	0249	3.7	1459	3.7
Thur	12	0328	3.6	1537	3.6
Fri	13	0410	3.3	1619	3.5
Sat	14	0500	3.0	1708	3.2
Sun	15	0611	2.7	1811	3.0
Mon	16	0901	2.7	1946	3.0
Tue	17	0956	2.9	2131	3.1
Wed	18	1038	3.1	2223	3.3
Thur	19	1114	3.2	2305	3.4
Fri	20	1148	3.3	2342	3.4
Sat	21		1221	3.3
Sun	22	0014	3.4	1252	3.3
Mon	23	0043	3.3	1318	3.3
Tue	24	0114	3.3	1343	3.4
Wed	25	0147	3.4	1412	3.4
Thur	26	0223	3.3	1443	3.4
Fri	27	0300	3.3	1517	3.3
Sat	28	0339	3.1	1553	3.2
Sun	29	0425	3.0	1638	3.1
Mon	30	0529	2.8	1749	2.9
Tue	31	0700	2.8	1926	3.0

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Sun	1	0840	4.3	2057	4.2
Mon	2	0953	4.3	2210	4.4
Tue	3	1121	4.6	2333	4.7
Wed	4		1228	5.1
Thur	5	0035	5.3	1322	5.5
Fri	6	0130	5.7	1412	5.8
Sat	7	0222	6.0	1500	6.0
Sun	8	0313	6.1	1545	6.1
Mon	9	0401	6.3	1629	6.0
Tue	10	0446	6.0	1712	5.7
Wed	11	0534	5.7	1756	5.4
Thur	12	0621	5.4	1840	4.9
Fri	13	0710	4.8	1927	4.6
Sat	14	0809	4.4	2029	4.3
Sun	15	0930	4.2	2203	4.2
Mon	16	1053	4.3	2319	4.4
Tue	17	1158	4.5		
Wed	18	0017	4.7	1251	4.8
Thur	19	0106	4.9	1334	5.1
Fri	20	0146	5.2	1409	5.2
Sat	21	0223	5.3	1442	5.3
Sun	22	0257	5.4	1513	5.4
Mon	23	0331	5.4	1544	5.4
Tue	24	0404	5.4	1616	5.3
Wed	25	0438	5.3	1651	5.2
Thur	26	0516	5.2	1728	5.1
Fri	27	0557	4.9	1808	4.8
Sat	28	0640	4.7	1852	4.6
Sun	29	0729	4.5	1940	4.5
Mon	30	0824	4.4	2038	4.4
Tue	31	0933	4.5	2149	4.5

NOVEMBER 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Wed	1	0832	2.9	2053	3.1
Thur	2	0942	3.1	2155	3.4
Fri	3	1034	3.3	2247	3.6
Sat	4	1119	3.4	2334	3.7
Sun	5		1200	3.5
Mon	6	0021	3.8	1240	3.6
Tue	7	0106	3.8	1319	3.7
Wed	8	0150	3.7	1358	3.8
Thur	9	0232	3.6	1437	3.8
Fri	10	0315	3.4	1517	3.7
Sat	11	0400	3.2	1559	3.6
Sun	12	0453	3.0	1648	3.4
Mon	13	0600	2.8	1747	3.2
Tue	14	0733	2.8	1857	3.1
Wed	15	0858	2.9	2021	3.1
Thur	16	0949	3.0	2132	3.2
Fri	17	1031	3.2	2221	3.2
Sat	18	1110	3.3	2302	3.3
Sun	19	1146	3.3	2337	3.3
Mon	20		1218	3.4
Tue	21	0011	3.3	1248	3.4
Wed	22	0048	3.3	1318	3.5
Thur	23	0126	3.3	1350	3.5
Fri	24	0206	3.3	1425	3.5
Sat	25	0248	3.2	1502	3.5
Sun	26	0333	3.1	1543	3.4
Mon	27	0424	3.0	1632	3.3
Tue	28	0526	2.9	1736	3.2
Wed	29	0638	2.9	1852	3.2
Thur	30	0750	3.0	2012	3.2

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Wed	1	1053	4.7	2305	4.8
Thur	2	1158	5.2		
Fri	3	0007	5.3	1253	5.5
Sat	4	0102	5.6	1345	5.8
Sun	5	0158	5.9	1436	5.9
Mon	6	0251	6.0	1524	5.9
Tue	7	0341	5.9	1608	5.8
Wed	8	0429	5.8	1651	5.6
Thur	9	0515	5.5	1735	5.3
Fri	10	0603	5.2	1818	4.9
Sat	11	0652	4.8	1904	4.7
Sun	12	0746	4.5	1959	4.4
Mon	13	0853	4.3	2119	4.3
Tue	14	1005	4.3	2231	4.4
Wed	15	1110	4.4	2330	4.6
Thur	16		1203	4.6
Fri	17	0019	4.8	1249	4.8
Sat	18	0103	4.9	1330	5.0
Sun	19	0144	5.2	1407	5.2
Mon	20	0225	5.3	1445	5.3
Tue	21	0305	5.3	1522	5.4
Wed	22	0343	5.4	1557	5.4
Thur	23	0421	5.3	1633	5.3
Fri	24	0500	5.2	1711	5.2
Sat	25	0542	5.0	1753	4.9
Sun	26	0628	4.9	1838	4.8
Mon	27	0717	4.8	1928	4.7
Tue	28	0811	4.7	2023	4.7
Wed	29	0912	4.7	2126	4.7
Thur	30	1017	4.8	2234	4.9

DECEMBER 2006

Times and Heights of HW at Bowling Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GREENOCK		HW	HT	HW	HT
Fri	1	0900	3.1	2122	3.3
Sat	2	1000	3.2	2221	3.5
Sun	3	1050	3.3	2313	3.5
Mon	4	1136	3.5		
Tue	5	0004	3.6	1219	3.6
Wed	6	0053	3.5	1300	3.7
Thur	7	0140	3.5	1341	3.8
Fri	8	0225	3.4	1421	3.8
Sat	9	0309	3.3	1502	3.7
Sun	10	0353	3.2	1544	3.6
Mon	11	0441	3.1	1629	3.5
Tue	12	0532	3.0	1717	3.4
Wed	13	0625	2.9	1810	3.2
Thur	14	0722	2.9	1906	3.1
Fri	15	0827	2.9	2008	3.0
Sat	16	0934	3.0	2116	3.0
Sun	17	1028	3.1	2214	3.1
Mon	18	1112	3.2	2302	3.1
Tue	19	1149	3.3	2345	3.2
Wed	20			1224	3.4
Thur	21	0028	3.2	1259	3.5
Fri	22	0113	3.2	1335	3.5
Sat	23	0158	3.2	1414	3.6
Sun	24	0243	3.2	1454	3.6
Mon	25	0329	3.2	1537	3.6
Tue	26	0417	3.1	1623	3.5
Wed	27	0508	3.1	1716	3.4
Thur	28	0601	3.0	1815	3.3
Fri	29	0657	3.0	1923	3.2
Sat	30	0804	3.0	2046	3.2
Sun	31	0922	3.0	2201	3.2

Times and Heights of HW at Carron Sealock. Times are UTC (GMT). Add 1 hour 26/03-29/10

GRANGEMOUTH		HW	HT	HW	HT
Fri	1	1124	5.0	2338	5.2
Sat	2			1223	5.3
Sun	3	0038	5.4	1321	5.5
Mon	4	0138	5.6	1416	5.6
Tue	5	0236	5.7	1508	5.6
Wed	6	0328	5.7	1554	5.6
Thur	7	0414	5.6	1637	5.5
Fri	8	0500	5.4	1719	5.3
Sat	9	0545	5.2	1800	5.2
Sun	10	0630	4.9	1840	4.9
Mon	11	0715	4.6	1922	4.7
Tue	12	0801	4.4	2010	4.5
Wed	13	0855	4.3	2110	4.4
Thur	14	0955	4.3	2216	4.4
Fri	15	1056	4.4	2319	4.5
Sat	16	1153	4.5		
Sun	17	0014	4.7	1243	4.7
Mon	18	0105	4.8	1332	4.9
Tue	19	0154	5.0	1417	5.2
Wed	20	0240	5.2	1500	5.3
Thur	21	0324	5.3	1540	5.4
Fri	22	0405	5.4	1619	5.4
Sat	23	0445	5.4	1700	5.4
Sun	24	0530	5.3	1742	5.3
Mon	25	0616	5.3	1828	5.3
Tue	26	0704	5.2	1915	5.2
Wed	27	0753	5.0	2004	5.0
Thur	28	0846	4.9	2059	4.9
Fri	29	0944	4.8	2201	4.9
Sat	30	1049	4.8	2311	4.9
Sun	31	1156	4.9		