

Whitby

Leith, Scotland - READ flaterco.com/pol.html

+ Corrections: High(+1:26 -0.70) Low(+1:52 -0.10)

Units are meters, initial timezone is GMTDT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
03-28	03-29	Full 03-30	03-31	04-01	04-02	04-03
H0312 5.1	H0401 5.4	H0445 5.6	H0528 5.6	L0020 0.1	L0054 0.4	L0126 0.8
L0946 1.1	L1031 0.7	L1113 0.5	L1152 0.3	H0609 5.5	H0649 5.3	H0730 5.1
H1535 5.3	H1623 5.6	H1707 5.8	H1750 5.8	L1229 0.4	L1302 0.6	L1334 0.9
L2219 0.4	L2302 0.1	L2342 0.0		H1832 5.6	H1915 5.3	H2000 5.0

04-04	04-05	LQtr 04-06	04-07	04-08	04-09	04-10
L0154 1.2	L0227 1.7	L0316 2.1	L0444 2.4	L0619 2.5	H0106 4.0	H0212 4.2
H0813 4.8	H0859 4.5	H0952 4.2	H1054 4.0	H1210 4.0	L0746 2.3	L0839 2.0
L1407 1.2	L1450 1.6	L1606 2.0	L1756 2.2	L1959 2.0	H1327 4.1	H1428 4.4
H2048 4.6	H2141 4.3	H2241 4.0	H2351 3.9		L2049 1.7	L2125 1.5

04-11	04-12	04-13	New 04-14	04-15	04-16	04-17
H0300 4.5	H0338 4.7	H0411 4.9	H0444 5.1	H0517 5.1	H0551 5.1	L0008 0.9
L0917 1.7	L0952 1.4	L1026 1.2	L1058 1.0	L1129 0.9	L1158 0.8	H0627 5.1
H1513 4.6	H1550 4.9	H1623 5.0	H1656 5.1	H1729 5.2	H1805 5.2	L1225 0.9
L2155 1.2	L2223 1.0	L2250 0.9	L2317 0.8	L2342 0.8		H1844 5.1

04-18	04-19	04-20	FQtr 04-21	04-22	04-23	04-24
L0036 1.0	L0108 1.2	L0147 1.5	L0240 1.8	L0437 2.1	L0605 2.0	H0043 4.5
H0705 5.0	H0748 4.8	H0836 4.6	H0932 4.5	H1038 4.4	H1156 4.4	L0717 1.8
L1255 1.0	L1332 1.2	L1421 1.4	L1549 1.6	L1733 1.6	L1852 1.4	H1314 4.6
H1929 5.0	H2019 4.8	H2115 4.6	H2217 4.5	H2328 4.4		L2003 1.1

04-25	04-26	04-27	Full 04-28	04-29	04-30	05-01
H0151 4.8	H0248 5.0	H0338 5.3	H0423 5.4	H0505 5.4	H0546 5.3	L0031 0.7
L0821 1.5	L0917 1.1	L1006 0.8	L1050 0.6	L1131 0.5	L1210 0.6	H0625 5.2
H1419 4.9	H1513 5.2	H1602 5.4	H1648 5.5	H1731 5.5	H1814 5.3	L1246 0.7
L2103 0.8	L2153 0.5	L2238 0.4	L2318 0.4	L2356 0.5		H1856 5.1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
04-25	04-26	04-27	Full 04-28	04-29	04-30	05-01
H0151 4.8	H0248 5.0	H0338 5.3	H0423 5.4	H0505 5.4	H0546 5.3	L0031 0.7
L0821 1.5	L0917 1.1	L1006 0.8	L1050 0.6	L1131 0.5	L1210 0.6	H0625 5.2
H1419 4.9	H1513 5.2	H1602 5.4	H1648 5.5	H1731 5.5	H1814 5.3	L1246 0.7
L2103 0.8	L2153 0.5	L2238 0.4	L2318 0.4	L2356 0.5		H1856 5.1

05-02	05-03	05-04	05-05	LQtr 05-06	05-07	05-08
L0103 1.0	L0133 1.4	L0207 1.7	L0254 2.0	L0407 2.3	L0522 2.4	H0005 4.0
H0705 5.0	H0747 4.8	H0831 4.5	H0919 4.3	H1012 4.2	H1113 4.1	L0629 2.3
L1321 0.9	L1356 1.2	L1439 1.5	L1544 1.8	L1702 1.9	L1818 1.9	H1220 4.1
H1939 4.8	H2025 4.6	H2113 4.3	H2205 4.1	H2302 4.0		L1927 1.8

05-09	05-10	05-11	05-12	05-13	New 05-14	05-15
H0108 4.1	H0205 4.3	H0253 4.6	H0334 4.8	H0412 4.9	H0450 5.1	H0528 5.1
L0728 2.1	L0819 1.8	L0905 1.6	L0946 1.3	L1027 1.1	L1106 0.9	L1143 0.9
H1326 4.2	H1421 4.4	H1507 4.6	H1548 4.8	H1627 5.0	H1707 5.1	H1748 5.2
L2018 1.6	L2057 1.4	L2133 1.2	L2209 1.1	L2245 1.0	L2320 0.9	L2355 1.0

05-16	05-17	05-18	05-19	05-20	FQtr 05-21	05-22
H0608 5.1	L0031 1.1	L0111 1.3	L0200 1.5	L0313 1.7	L0430 1.8	L0537 1.8
L1221 0.8	H0650 5.1	H0736 5.0	H0826 4.9	H0922 4.7	H1023 4.6	H1134 4.6
H1833 5.1	L1301 0.9	L1349 1.0	L1453 1.1	L1606 1.2	L1715 1.3	L1822 1.2
	H1920 5.1	H2011 4.9	H2106 4.8	H2205 4.7	H2309 4.6	

05-23	05-24	05-25	05-26	05-27	Full	05-28	05-29
H0017 4.6	H0123 4.7	H0223 4.8	H0316 5.0	H0403 5.1	H0447 5.1	H0528 5.1	
L0642 1.7	L0747 1.5	L0849 1.3	L0945 1.1	L1034 0.9	L1119 0.8	L1200 0.8	
H1246 4.7	H1353 4.8	H1451 5.0	H1544 5.1	H1632 5.2	H1716 5.1	H1759 5.0	
L1929 1.1	L2033 1.0	L2128 0.9	L2216 0.8	L2259 0.9	L2339 0.9		

05-30	05-31	06-01	06-02	06-03	LQtr	06-04	06-05
L0015 1.0	L0049 1.2	L0121 1.4	L0155 1.6	L0235 1.8	L0326 2.0	L0428 2.1	
H0607 5.0	H0645 5.0	H0724 4.8	H0805 4.7	H0848 4.6	H0934 4.4	H1023 4.3	
L1239 0.8	L1316 0.9	L1351 1.1	L1428 1.3	L1512 1.5	L1607 1.7	L1705 1.8	
H1840 4.9	H1920 4.7	H2001 4.6	H2044 4.4	H2129 4.3	H2217 4.2	H2310 4.1	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
05-30	05-31	06-01	06-02	06-03	LQtr	06-04	
06-05							
L0015 1.0	L0049 1.2	L0121 1.4	L0155 1.6	L0235 1.8	L0326 2.0	L0428 2.1	
H0607 5.0	H0645 5.0	H0724 4.8	H0805 4.7	H0848 4.6	H0934 4.4	H1023 4.3	
L1239 0.8	L1316 0.9	L1351 1.1	L1428 1.3	L1512 1.5	L1607 1.7	L1705 1.8	
H1840 4.9	H1920 4.7	H2001 4.6	H2044 4.4	H2129 4.3	H2217 4.2	H2310 4.1	

06-06	06-07	06-08	06-09	06-10	06-11	New	06-12
L0529 2.1	H0008 4.1	H0108 4.2	H0206 4.4	H0257 4.6	H0343 4.8	H0427 5.0	
H1118 4.2	L0627 2.1	L0722 1.9	L0815 1.7	L0909 1.5	L1002 1.3	L1053 1.0	
L1803 1.8	H1220 4.2	H1325 4.3	H1424 4.4	H1515 4.7	H1603 4.9	H1648 5.1	
	L1857 1.7	L1949 1.6	L2041 1.5	L2133 1.3	L2223 1.2	L2312 1.1	

06-13	06-14	06-15	06-16	06-17	06-18	FQtr	06-19
H0509 5.1	H0553 5.2	L0043 1.0	L0128 1.1	L0216 1.2	L0308 1.4	L0404 1.5	
L1142 0.8	L1229 0.6	H0638 5.3	H0725 5.3	H0815 5.2	H0908 5.1	H1005 4.9	
H1734 5.2	H1821 5.3	L1316 0.6	L1404 0.6	L1455 0.7	L1549 0.9	L1647 1.1	
L2358 1.0		H1910 5.2	H2000 5.2	H2052 5.0	H2146 4.9	H2244 4.7	

06-20	06-21	06-22	06-23	06-24	06-25	Full	06-26
L0504 1.6	L0606 1.7	H0054 4.5	H0158 4.6	H0256 4.7	H0348 4.9	H0434 5.0	
H1109 4.7	H1218 4.7	L0714 1.7	L0829 1.5	L0935 1.3	L1028 1.1	L1112 1.0	
L1748 1.2	L1854 1.3	H1328 4.7	H1432 4.7	H1529 4.8	H1620 4.9	H1705 4.9	
H2347 4.6		L2005 1.4	L2110 1.4	L2202 1.3	L2246 1.3	L2325 1.2	

06-27	06-28	06-29	06-30	07-01	07-02	07-03
H0516 5.0	L0000 1.2	L0034 1.2	L0105 1.3	L0135 1.4	L0207 1.5	L0242 1.7
L1153 0.9	H0553 5.0	H0627 5.0	H0701 5.0	H0737 4.9	H0815 4.8	H0856 4.6
H1746 4.9	L1230 0.8	L1304 0.9	L1334 1.0	L1403 1.1	L1432 1.3	L1508 1.4
	H1823 4.8	H1858 4.8	H1933 4.7	H2011 4.6	H2052 4.5	H2136 4.4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06-27	06-28	06-29	06-30	07-01	07-02	07-03
H0516 5.0	L0000 1.2	L0034 1.2	L0105 1.3	L0135 1.4	L0207 1.5	L0242 1.7
L1153 0.9	H0553 5.0	H0627 5.0	H0701 5.0	H0737 4.9	H0815 4.8	H0856 4.6
H1746 4.9	L1230 0.8	L1304 0.9	L1334 1.0	L1403 1.1	L1432 1.3	L1508 1.4
	H1823 4.8	H1858 4.8	H1933 4.7	H2011 4.6	H2052 4.5	H2136 4.4

LQtr	07-04	07-05	07-06	07-07	07-08	07-09	07-10
L0326 1.9	L0423 2.0	L0527 2.1	H0015 4.1	H0121 4.2	H0223 4.4	H0318 4.7	
H0940 4.5	H1029 4.3	H1126 4.2	L0630 2.1	L0734 1.9	L0841 1.7	L0951 1.3	
L1555 1.6	L1654 1.8	L1756 1.8	H1234 4.2	H1344 4.3	H1447 4.6	H1542 4.9	
H2223 4.3	H2315 4.2		L1858 1.8	L2002 1.7	L2111 1.6	L2215 1.3	

New	07-11	07-12	07-13	07-14	07-15	07-16	07-17
H0407 5.0	H0453 5.3	H0538 5.5	L0036 0.8	L0118 0.8	L0200 0.9	L0243 1.1	
L1048 0.9	L1137 0.6	L1223 0.3	H0623 5.6	H0710 5.6	H0758 5.5	H0849 5.3	
H1632 5.1	H1719 5.3	H1806 5.5	L1306 0.2	L1350 0.2	L1434 0.4	L1521 0.7	
L2306 1.1	L2352 0.9		H1854 5.5	H1942 5.4	H2031 5.2	H2122 5.0	

FQtr	07-18	07-19	07-20	07-21	07-22	07-23	07-24
L0331	1.3	L0426 1.6	L0530 1.8	H0024 4.4	H0135 4.4	H0240 4.5	H0336 4.7
H0943	5.1	H1043 4.8	H1152 4.5	L0648 1.9	L0827 1.8	L0934 1.5	L1023 1.3
L1613	1.1	L1711 1.4	L1820 1.7	H1305 4.4	H1415 4.5	H1517 4.6	H1609 4.7
H2216	4.7	H2316 4.5		L1947 1.8	L2101 1.8	L2152 1.6	L2232 1.5

	07-25	Full	07-26	07-27	07-28	07-29	07-30	07-31
H0423	4.9	H0503 5.0	H0537 5.1	L0012 1.1	L0041 1.1	L0108 1.2	L0134 1.3	
L1103	1.1	L1139 0.9	L1212 0.8	H0607 5.1	H0636 5.1	H0707 5.1	H0742 5.0	
H1653	4.8	H1729 4.9	H1801 4.9	L1241 0.8	L1306 0.8	L1328 0.9	L1350 1.1	
L2308	1.4	L2341 1.2		H1831 4.9	H1903 4.9	H1938 4.8	H2016 4.7	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-01	08-02	LQtr 08-03	08-04	08-05	08-06	08-07
L0159 1.4	L0230 1.6	L0310 1.9	L0412 2.1	L0542 2.2	H0041 4.1	H0154 4.3
H0820 4.8	H0902 4.6	H0950 4.4	H1046 4.3	H1155 4.2	L0704 2.1	L0830 1.7
L1417 1.3	L1451 1.5	L1539 1.7	L1653 2.0	L1820 2.1	H1314 4.3	H1425 4.6
H2057 4.6	H2141 4.4	H2231 4.2	H2329 4.1		L1942 2.0	L2102 1.7

	08-08	08-09	New	08-10	08-11	08-12	08-13	08-14
H0256	4.7	H0348 5.1	H0435 5.4	H0520 5.7	L0016 0.5	L0055 0.5	L0134 0.6	
L0942	1.3	L1036 0.8	L1122 0.4	L1205 0.1	H0605 5.8	H0651 5.8	H0738 5.7	
H1523	4.9	H1614 5.3	H1702 5.5	H1747 5.7	L1246 -0.0	L1326 0.1	L1407 0.3	
L2203	1.4	L2251 1.0	L2335 0.7		H1833 5.7	H1918 5.5	H2005 5.3	

	08-15	FQtr	08-16	08-17	08-18	08-19	08-20	08-21
L0213	0.8	L0255 1.2	L0347 1.6	L0457 1.9	L0635 2.1	H0111 4.2	H0223 4.4	
H0827	5.4	H0920 5.1	H1018 4.7	H1126 4.4	H1243 4.3	L0830 1.9	L0927 1.6	
L1449	0.8	L1535 1.2	L1633 1.7	L1749 2.1	L1936 2.2	H1358 4.3	H1503 4.5	
H2054	5.0	H2146 4.7	H2244 4.4	H2354 4.2		L2050 2.1	L2136 1.8	

	08-22	08-23	Full	08-24	08-25	08-26	08-27	08-28
H0320	4.7	H0405 4.9	H0443 5.1	H0514 5.2	H0541 5.2	L0012 1.0	L0037 1.0	
L1010	1.3	L1045 1.1	L1117 0.9	L1145 0.8	L1210 0.8	H0608 5.2	H0637 5.2	
H1553	4.7	H1632 4.9	H1705 5.0	H1733 5.0	H1801 5.1	L1232 0.8	L1251 0.9	
L2213	1.6	L2245 1.4	L2315 1.2	L2345 1.0		H1831 5.1	H1904 5.0	

	08-29	08-30	08-31	LQtr	09-01	09-02	09-03	09-04
L0100	1.1	L0123 1.3	L0150 1.5	L0226 1.7	L0316 2.0	L0501 2.2	H0008 4.1	
H0710	5.1	H0748 4.9	H0831 4.7	H0921 4.5	H1020 4.3	H1131 4.2	L0652 2.0	
L1311	1.0	L1336 1.2	L1408 1.5	L1448 1.8	L1550 2.1	L1758 2.3	H1251 4.3	
H1940	4.9	H2020 4.7	H2103 4.4	H2153 4.2	H2253 4.1		L1932 2.1	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08-29	08-30	08-31	LQtr 09-01	09-02	09-03	09-04
L0100 1.1	L0123 1.3	L0150 1.5	L0226 1.7	L0316 2.0	L0501 2.2	H0008 4.1
H0710 5.1	H0748 4.9	H0831 4.7	H0921 4.5	H1020 4.3	H1131 4.2	L0652 2.0
L1311 1.0	L1336 1.2	L1408 1.5	L1448 1.8	L1550 2.1	L1758 2.3	H1251 4.3
H1940 4.9	H2020 4.7	H2103 4.4	H2153 4.2	H2253 4.1		L1932 2.1

	09-05	09-06	09-07	New	09-08	09-09	09-10	09-11
H0128	4.3	H0234 4.8	H0328 5.2	H0416 5.6	H0501 5.8	H0544 6.0	L0030 0.4	
L0821	1.6	L0925 1.1	L1015 0.6	L1100 0.2	L1141 -0.0	L1221 -0.0	H0629 5.9	
H1404	4.6	H1504 5.0	H1554 5.4	H1641 5.7	H1725 5.8	H1809 5.7	L1300 0.1	
L2047	1.8	L2142 1.3	L2229 0.9	L2311 0.6	L2352 0.4		H1852 5.6	

	09-12	09-13	09-14	FQtr	09-15	09-16	09-17	09-18
L0107	0.5	L0144 0.8	L0222 1.2	L0312 1.6	L0430 2.0	L0626 2.1	H0041 4.2	
H0715	5.7	H0804 5.4	H0856 5.0	H0954 4.6	H1100 4.3	H1216 4.1	L0817 1.9	
L1337	0.5	L1414 1.0	L1456 1.5	L1554 2.0	L1717 2.4	L1908 2.5	H1334 4.2	
H1937	5.3	H2024 5.0	H2115 4.6	H2212 4.3	H2321 4.2		L2026 2.3	

	09-19	09-20	09-21	09-22	Full	09-23	09-24	09-25
H0155	4.4	H0253 4.6	H0337 4.9	H0414 5.1	H0444 5.2	H0511 5.2	H0539 5.2	
L0908	1.6	L0947 1.4	L1019 1.1	L1047 1.0	L1112 0.9	L1136 0.8	L1157 0.8	
H1437	4.4	H1526 4.7	H1603 4.9	H1633 5.0	H1701 5.1	H1730 5.2	H1800 5.2	
L2109	2.0	L2144 1.7	L2215 1.4	L2245 1.2	L2314 1.0	L2342 1.0		

	09-26	09-27	09-28	09-29	09-30	LQtr	10-01	10-02
L0007	1.0	L0030 1.1	L0054 1.2	L0123 1.4	L0201 1.6	L0252 1.9	L0457 2.1	
H0610	5.2	H0644 5.1	H0724 5.0	H0809 4.8	H0902 4.6	H1003 4.4	H1113 4.3	
L1217	0.9	L1239 1.1	L1306 1.3	L1338 1.5	L1419 1.9	L1520 2.2	L1750 2.4	
H1833	5.1	H1909 4.9	H1948 4.8	H2033 4.5	H2124 4.4	H2225 4.2	H2341 4.2	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	09-26	09-27	09-28	09-29	09-30	LQtr	10-01	10-02
L0007	1.0	L0030 1.1	L0054 1.2	L0123 1.4	L0201 1.6	L0252 1.9	L0457 2.1	
H0610	5.2	H0644 5.1	H0724 5.0	H0809 4.8	H0902 4.6	H1003 4.4	H1113 4.3	
L1217	0.9	L1239 1.1	L1306 1.3	L1338 1.5	L1419 1.9	L1520 2.2	L1750 2.4	
H1833	5.1	H1909 4.9	H1948 4.8	H2033 4.5	H2124 4.4	H2225 4.2	H2341 4.2	

	10-03	10-04	10-05	10-06	New	10-07	10-08	10-09
L0640	1.9	H0103 4.5	H0211 4.9	H0306 5.3	H0355 5.6	H0440 5.8	H0524 5.9	
H1230	4.4	L0758 1.5	L0859 1.0	L0950 0.6	L1034 0.3	L1117 0.1	L1157 0.2	
L1913	2.1	H1342 4.7	H1442 5.1	H1532 5.4	H1618 5.7	H1702 5.7	H1744 5.7	
		L2020 1.7	L2115 1.3	L2203 0.9	L2247 0.6	L2328 0.4		

	10-10	10-11	10-12	10-13	FQtr	10-14	10-15	10-16
L0008	0.4	L0045 0.6	L0122 0.8	L0200 1.2	L0250 1.6	L0408 2.0	L0546 2.1	
H0609	5.8	H0655 5.5	H0742 5.2	H0833 4.9	H0928 4.5	H1029 4.2	H1138 4.1	
L1235	0.4	L1311 0.8	L1346 1.2	L1423 1.7	L1518 2.2	L1639 2.5	L1806 2.6	
H1827	5.5	H1910 5.3	H1956 5.0	H2045 4.7	H2140 4.4	H2243 4.2	H2357 4.2	

	10-17	10-18	10-19	10-20	10-21	10-22	Full	10-23
L0738	2.0	H0110 4.3	H0211 4.5	H0259 4.7	H0337 4.9	H0410 5.1	H0442 5.1	
H1250	4.2	L0833 1.7	L0912 1.5	L0943 1.3	L1010 1.2	L1035 1.1	L1100 1.0	
L1931	2.4	H1355 4.3	H1445 4.6	H1524 4.8	H1558 5.0	H1629 5.1	H1701 5.2	
		L2025 2.1	L2103 1.8	L2137 1.6	L2210 1.3	L2242 1.1	L2313 1.1	

	10-24	10-25	10-26	10-27	10-28	10-29	LQtr	10-30
H0513	5.2	H0547 5.2	L0009 1.1	L0038 1.2	L0111 1.3	L0153 1.5	L0256 1.7	
L1126	1.0	L1151 1.1	H0625 5.1	H0708 5.0	H0756 4.9	H0850 4.7	H0949 4.5	
H1733	5.2	H1808 5.1	L1217 1.2	L1247 1.4	L1322 1.6	L1407 1.9	L1526 2.2	
L2342	1.0		H1845 5.0	H1926 4.9	H2012 4.7	H2104 4.6	H2205 4.5	

	10-31	11-01	11-02	11-03	11-04	11-05	New	11-06
L0356	1.8	L0516 1.6	L0626 1.4	H0045 4.9	H0143 5.2	H0234 5.5	H0322 5.6	
H0955	4.5	H1106 4.6	H1216 4.8	L0728 1.0	L0823 0.8	L0911 0.6	L0955 0.5	
L1630	2.2	L1742 2.1	L1846 1.7	H1317 5.1	H1410 5.3	H1457 5.5	H1541 5.6	
H2217	4.4	H2336 4.6		L1945 1.4	L2037 1.0	L2125 0.8	L2210 0.6	