

# TIDE SCHEDULE 2023



## How to read this tide table:

- The first column on the left is the date (5/1/2023 = May 1, 2023). The remaining columns are the low and high tide times for each day. Times are displayed in 24-hour clock format.
- There are two tidal cycles each day. The first two columns are the LOW tide times for that day. The final two columns are the HIGH tide times for that day, followed by the predicted height of the tide (for example, on May 1, the tidal range is 12.2 metres/39.9 feet – wow!)
- To explore the ocean floor, you should plan your visit as close to LOW tide as possible. It is only safe to explore the ocean floor within the three hours before or after low tide. For example: On May 1, low tide happens at 3:20 a.m. and again at 3:48 p.m. (15:48 in 24-hour time). The safe time to explore the ocean floor during the day on May 1 is between 12:48 p.m. and 6:48 p.m. (three hours before and after low tide).

*The highest tides in the world can be dangerous. As the tide is coming back in, please be mindful to be back on dry land with plenty of time to spare; the water can rise 1 inch per minute and surround you very quickly on the mud flats. Note: the park's lighthouse gift shop and washrooms are open from 9am to 5pm daily. The park is accessible after hours at your own risk.*

| MAY 2023 |                 |                 |                         |                         |
|----------|-----------------|-----------------|-------------------------|-------------------------|
| DATE     | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
| 5/1/2023 | 3:20            | 15:48           | 09:24 (12.2m/39.9ft)    | 13:13 (13.4m/44ft)      |
| 5/2/2023 | 4:13            | 16:37           | 10:16 (12.6m/41.2ft)    | 22:41 (13m/42.6ft)      |
| 5/3/2023 | 5:02            | 17:24           | 11:04 (13.21m/42.8ft)   | 23:25 (13.5m/44.2ft)    |
| 5/4/2023 | 5:48            | 18:09           | 11:49 (13.5m/44.3ft)    |                         |
| 5/5/2023 | 6:33            | 18:53           | 00:08 (13.9m/45.6ft)    | 12:32 (13.8m/45.3ft)    |
| 5/6/2023 | 7:17            | 19:36           | 00:51 (14.2m/46.5ft)    | 13:15 (13.9m/45.8ft)    |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE             | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|------------------|-----------------|-----------------|-------------------------|-------------------------|
| 5/7/2023         | 8:01            | 20:18           | 1:34 (14.3m/47ft)       | 13:57 (13.9m/45.5ft)    |
| 5/8/2023         | 8:46            | 21:02           | 2:17 (14.3m/47ft)       | 14:41 (13.6m/44.7ft)    |
| 5/9/2023         | 9:32            | 21:49           | 3:03 (14.1m/46.4ft)     | 15:28 (13.3m/43.6ft)    |
| 5/10/2023        | 10:21           | 22:40           | 3:50 (13.8m/45.4ft)     | 16:18 (12.9m/42.5ft)    |
| 5/11/2023        | 11:14           | 23:37           | 4:42 (13.4m/44ft)       | 17:14 (12.7m/41.5ft)    |
| 5/12/2023        |                 | 12:13           | 5:40 (13m/42.8ft)       | 18:16 (12.5m/41.1ft)    |
| 5/13/2023        | 0:41            | 13:17           | 06:43 (12.8m/42.1ft)    | 19:22 (12.7m/41.5ft)    |
| 5/14/2023        | 1:47            | 14:22           | 7:50 (12.9m/42.4ft)     | 20:28 (13m/42.7ft)      |
| 5/15/2023        | 2:53            | 15:25           | 8:57 (13.2m/43.4ft)     | 21:30 (13.6m/44.5ft)    |
| 5/16/2023        | 3:55            | 16:23           | 9:59 (13.7m/44.9ft)     | 22:27 (14.1m/46.4ft)    |
| 5/17/2023        | 4:52            | 17:16           | 10:56 (14.1m/46.2ft)    | 23:19 (14.6m/47.9ft)    |
| 5/18/2023        | 5:45            | 18:07           | 11:48 (14.3m/46.9ft)    |                         |
| 5/19/2023        | 6:35            | 18:54           | 00:08 (14.8m/48.7ft)    | 12:36 (14.3m/46.9ft)    |
| 5/20/2023        | 7:21            | 19:38           | 0:55 (14.8m/48.6ft)     | 13:21 (14.m/46.2ft)     |
| 5/21/2023        | 8:05            | 20:21           | 01:39 (14.6m/47.7ft)    | 14:03 (13.7m/45.1ft)    |
| 5/22/2023        | 8:47            | 21:02           | 2:21 (14.1m/46.3ft)     | 14:45 (13.3m/43.7ft)    |
| 5/23/2023        | 9:28            | 21:42           | 3:02 (13.6m/44.7ft)     | 15:26 (12.9m/42.3ft)    |
| 5/24/2023        | 10:08           | 22:22           | 3:42 (13.1m/43ft)       | 16:07 (12.5m/41ft)      |
| 5/25/2023        | 10:48           | 23:04           | 4:24 (12.7m/41.7ft)     | 16:50 (12.1m/39.8ft)    |
| 5/26/2023        | 11:31           | 23:50           | 5:07 (12.4m/40.5ft)     | 17:35 (11.9m/39.1ft)    |
| 5/27/2023        |                 | 12:19           | 5:55 (12.2m/39.7ft)     | 18:24 (11.8m/38.8ft)    |
| 5/28/2023        | 0:40            | 13:10           | 6:45 (12m/39.3ft)       | 19:17 (11.9m/39.1ft)    |
| 5/29/2023        | 1:34            | 14:04           | 7:39 (12m/39.3ft)       | 20:11 (12.2m/40ft)      |
| 5/30/2023        | 2:31            | 14:59           | 8:35 (12.2m/39.9m)      | 21:05 (12.6m/41.3ft)    |
| 5/31/2023        | 3:27            | 15:53           | 9:31 (12.5m/41ft)       | 21:58 (13.1m/42.8ft)    |
| <b>JUNE 2023</b> |                 |                 |                         |                         |
| 6/1/2023         | 4:22            | 16:46           | 10:25 (13m/42.5ft)      | 22:48 (13.5m/44.4ft)    |
| 6/2/2023         | 5:14            | 17:36           | 11:16 (13.4m/43.9ft)    | 23:37 (14m/45.8ft)      |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE      | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|-----------|-----------------|-----------------|-------------------------|-------------------------|
| 6/3/2023  | 6:05            | 18:25           |                         | 12:05 (13.7m/44.9ft)    |
| 6/4/2023  | 6:55            | 19:13           | 00:25 (14.3m/46.9ft)    | 12:52 (13.8m/45.3ft)    |
| 6/5/2023  | 7:44            | 20:00           | 1:13 (14.5m/47.6ft)     | 13:39 (13.8m/45.2ft)    |
| 6/6/2023  | 8:32            | 8:48            | 2:00 (14.5m/47.6ft)     | 14:27 (13.7m/44.8ft)    |
| 6/7/2023  | 9:20            | 21:37           | 2:48 (14.4m/47.1ft)     | 15:16 (13.5m/44.2ft)    |
| 6/8/2023  | 10:09           | 22:29           | 3:38 (14m/46.1ft)       | 16:07 (13.3m/43.7ft)    |
| 6/9/2023  | 11:01           | 23:25           | 4:30 (13.7m/44.9ft)     | 17:02 (13.2m/43.3ft)    |
| 6/10/2023 | 11:56           |                 | 5:25 (13.4m/43.9ft)     | 17:59 (13.1m/43ft)      |
| 6/11/2023 | 0:24            | 12:55           | 6:25 (13.2m/43.2ft)     | 18:59 (13.2m/43.1ft)    |
| 6/12/2023 | 1:25            | 13:56           | 7:27 (13.1m/43.1ft)     | 20:01 (13.3m/43.7ft)    |
| 6/13/2023 | 2:27            | 14:56           | 8:31 (13.2m/43.4ft)     | 21:02 (13.6m/44.6ft)    |
| 6/14/2023 | 3:28            | 15:54           | 9:32 (13.4m/43.9ft)     | 21:59 (13.9m/45.7ft)    |
| 6/15/2023 | 4:26            | 16:49           | 10:31 (13.5m/44.3ft)    | 22:54 (14.2m/46.6ft)    |
| 6/16/2023 | 5:21            | 17:42           | 11:25 (13.5m/44.6ft)    | 23:45 (14.3m/47ft)      |
| 6/17/2023 | 6:13            | 18:31           |                         | 12:14 (13.6m/44.5ft)    |
| 6/18/2023 | 7:00            | 19:17           | 00:33 (14.3m/46.8ft)    | 13:00 (13.5m/44.2ft)    |
| 6/19/2023 | 7:44            | 19:59           | 1:18 (14m/46ft)         | 13:43 (13.3m/43.6ft)    |
| 6/20/2023 | 8:25            | 20:40           | 1:59 (13.7m/44.9ft)     | 14:24 (13.1m/42.8ft)    |
| 6/21/2023 | 9:04            | 21:17           | 2:39 (13.3m/43.8ft)     | 15:02 (12.8m/41.9ft)    |
| 6/22/2023 | 9:41            | 21:54           | 3:17 (13.1m/42.8ft)     | 15:40 (12.5/41.1ft)     |
| 6/23/2023 | 10:18           | 22:32           | 3:54 (12.8m/42ft)       | 16:18 (12.4m/40.5ft)    |
| 6/24/2023 | 10:56           | 23:13           | 4:34 (12.6m/41.3ft)     | 16:59 (12.3m/40.3ft)    |
| 6/25/2023 | 11:37           | 23:58           | 5:16 (12.4m/40.8ft)     | 17:43 (12.3m/40.3ft)    |
| 6/26/2023 |                 | 12:24           | 06:03 (12.3m/40.3ft)    | 18:31 (12.3m/40.5ft)    |
| 6/27/2023 | 0:49            | 13:16           | 6:54 (12.2m/40.1ft)     | 19:24 (12.5m/41ft)      |
| 6/28/2023 | 1:44            | 14:12           | 7:50 (12.3m/40.3ft)     | 20:20 (12.7m/41.7ft)    |
| 6/29/2023 | 2:44            | 15:11           | 8:48 (12.5m/40.9ft)     | 21:18 (13.1m/42.8ft)    |
| 6/30/2023 | 3:44            | 16:09           | 9:48 (12.8m/41.9ft)     | 22:14 (13.5m/44.2ft)    |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|------|-----------------|-----------------|-------------------------|-------------------------|
|------|-----------------|-----------------|-------------------------|-------------------------|

## JULY 2023

|           |       |       |                      |                      |
|-----------|-------|-------|----------------------|----------------------|
| 7/1/2023  | 4:44  | 17:07 | 10:45 (13.1m/43ft)   | 23:10 (13.9m/45.7ft) |
| 7/2/2023  | 5:41  | 16:01 | 11:40 (13.4m/44.1ft) |                      |
| 7/3/2023  | 6:36  | 18:54 | 00:03 (14.3m/47ft)   | 12:33 (13.7m/44.9ft) |
| 7/4/2023  | 7:27  | 19:45 | 00:55 (14.6m/48ft)   | 13:24 (13.9m/45.5ft) |
| 7/5/2023  | 8:17  | 20:35 | 1:45 (14.7m/48.3ft)  | 14:13 (14m/45.8ft)   |
| 7/6/2023  | 9:05  | 21:35 | 2:35 (14.6m/48ft)    | 15:03 (14m/46ft)     |
| 7/7/2023  | 9:53  | 22:15 | 3:24 (14.4m/47.3ft)  | 15:53 (14m/45.9ft)   |
| 7/8/2023  | 10:42 | 23:07 | 4:15 (14.1m/46.4ft)  | 16:44 (13.9m/45.5ft) |
| 7/9/2023  | 11:34 |       | 5:07 (13.8m/45.4ft)  | 17:36 (13.7m/44.9ft) |
| 7/10/2023 | 0:01  | 12:28 | 6:01 (13.5m/44.4ft)  | 18:32 (13.5m/44.4ft) |
| 7/11/2023 | 0:57  | 13:26 | 6:59 (13.2m/43.5ft)  | 19:31 (13.4m/44.1ft) |
| 7/12/2023 | 1:57  | 14:25 | 8:00 (13m/42.6ft)    | 20:31 (13.4m/44.1ft) |
| 7/13/2023 | 2:59  | 15:24 | 9:04 (12.8m/42.1ft)  | 21:31 (13.5m/44.3ft) |
| 7/14/2023 | 4:00  | 16:22 | 10:05 (12.8m/42ft)   | 22:29 (13.6m/44.7ft) |
| 7/15/2023 | 4:58  | 17:18 | 11:02 (12.9m/42.3ft) | 23:23 (13.7m/44.9ft) |
| 7/16/2023 | 5:51  | 18:09 | 11:54 (13m/42.7ft)   |                      |
| 7/17/2023 | 6:39  | 18:56 | 00:13 (13.7m/44.8ft) | 12:40 (13.1m/43ft)   |
| 7/18/2023 | 7:22  | 19:38 | 00:58 (13.6m/44.5ft) | 13:22 (13.1m/42.9ft) |
| 7/19/2023 | 8:02  | 20:16 | 1:39 (13.4m/44.1ft)  | 14:00 (13m/42.6ft)   |
| 7/20/2023 | 8:39  | 20:52 | 2:16 (13.3m/43.6ft)  | 14:36 (12.9m/42.2ft) |
| 7/21/2023 | 9:13  | 21:26 | 2:50 (13.2m/43.2ft)  | 15:11 (12.8m/41.9ft) |
| 7/22/2023 | 9:47  | 22:01 | 3:25 (13m/42.8ft)    | 15:46 (12.7m/41.8ft) |
| 7/23/2023 | 10:22 | 22:39 | 4:02 (12.9m/42.4ft)  | 16:24 (12.7m/41.8ft) |
| 7/24/2023 | 11:00 | 23:22 | 4:42 (12.8m/41.9ft)  | 17:05 (12.7m/41.8ft) |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE               | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|--------------------|-----------------|-----------------|-------------------------|-------------------------|
| 7/25/2023          | 11:44           |                 | 5:26 (12.6m/41.4ft)     | 17:52 (12.7m/41.8ft)    |
| 7/26/2023          | 0:10            | 12:35           | 6:15 (12.5m/40.9ft)     | 18:44 (12.7m/41.8ft)    |
| 7/27/2023          | 1:04            | 13:32           | 7:10 (12.4m/40.6ft)     | 19:41 (12.8m/41.9ft)    |
| 7/28/2023          | 2:06            | 14:34           | 8:11 (12.4m/40.6ft)     | 20:43 (13m/42.6ft)      |
| 7/29/2023          | 3:13            | 15:38           | 9:15 (12.5m/41ft)       | 21:46 (13.3m/43.8ft)    |
| 7/30/2023          | 4:19            | 16:42           | 10:20 (12.8m/42.1ft)    | 22:47 (13.8m/45.3ft)    |
| 7/31/2023          | 5:21            | 17:42           | 11:20 (13.3m/43.6)      | 23:45 (14.3m/46.9ft)    |
| <b>AUGUST 2023</b> |                 |                 |                         |                         |
| 8/1/2023           | 6:18            | 18:38           |                         | 12:16 (13.8m/45.2ft)    |
| 8/2/2023           | 7:10            | 19:30           | 00:39 (14.7m/48.2ft)    | 13:08 (14.2m/46.7ft)    |
| 8/3/2023           | 7:59            | 20:20           | 1:31 (14.9m/49ft)       | 13:58 (14.5m/47.7ft)    |
| 8/4/2023           | 8:47            | 21:08           | 2:20 (15m/49.1ft)       | 14:45 (14.7m/48.2ft)    |
| 8/5/2023           | 9:33            | 21:56           | 3:08 (14.9m/48.7ft)     | 15:33 (14.6m/48ft)      |
| 8/6/2023           | 10:20           | 22:44           | 3:55 (14.6m/47.8ft)     | 16:21 (14.4m/47.3ft)    |
| 8/7/2023           | 11:08           | 23:34           | 4:44 (14.2m/46.5ft)     | 17:10 (14.1m/46.2ft)    |
| 8/8/2023           | 11:59           |                 | 5:34 (13.7m/44.8ft)     | 18:02 (13.7m/44.9ft)    |
| 8/9/2023           | 0:28            | 12:53           | 6:29 (13.1m/43ft)       | 18:58 (13.3m/43.7ft)    |
| 8/10/2023          | 1:27            | 13:52           | 7:29 (12.6m/41.3ft)     | 19:59 (13.1m/42.8ft)    |
| 8/11/2023          | 2:30            | 14:54           | 8:34 (12.3m/40.2ft)     | 21:02 (12.9m/42.4ft)    |
| 8/12/2023          | 3:33            | 15:56           | 9:39 (12.2m/40.1ft)     | 20:04 (13m/42.5ft)      |
| 8/13/2023          | 4:32            | 16:54           | 10:39 (12.4m/40.7ft)    | 23:01 (13.1m/42.9ft)    |
| 8/14/2023          | 5:26            | 17:46           | 11:31 (12.7m/41.6ft)    | 23:51 (13.2m/43.3ft)    |
| 8/15/2023          | 6:14            | 18:32           |                         | 12:16 (12.9m/42.3ft)    |
| 8/16/2023          | 6:57            | 19:13           | 00:35 (13.3m/43.6ft)    | 12:57 (13m/42.8ft)      |
| 8/17/2023          | 7:35            | 19:49           | 1:14 (13.3m/43.8ft)     | 13:33 (13.1m/43ft)      |
| 8/18/2023          | 8:10            | 20:24           | 1:49 (13.4m/43.8ft)     | 14:07 (13.1m/43ft)      |
| 8/19/2023          | 8:43            | 20:57           | 2:22 (13.3m/43.8ft)     | 14:40 (13.1m/43ft)      |
| 8/20/2023          | 9:16            | 21:32           | 2:56 (13.3m/43.6ft)     | 15:15 (13.2m/43.1ft)    |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE                  | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|-----------------------|-----------------|-----------------|-------------------------|-------------------------|
| 8/21/2023             | 9:51            | 22:10           | 3:32 (13.2m/43.3ft)     | 15:51 (13.2m/43.2ft)    |
| 8/22/2023             | 10:28           | 22:51           | 4:11 (13.1m/42.8ft)     | 16:32 (13.1m/43.1ft)    |
| 8/23/2023             | 11:11           | 23:38           | 4:54 (12.9m/42.4ft)     | 17:18 (13m/42.7ft)      |
| 8/24/2023             |                 | 12:01           | 5:42 (12.6m/41.3ft)     | 18:10 (12.9m/42.2ft)    |
| 8/25/2023             | 0:33            | 12:59           | 6:37 (12.3m/40.5ft)     | 19:09 (12.8m/41.9ft)    |
| 8/26/2023             | 1:37            | 14:04           | 7:41 (12.2m/39.9ft)     | 20:14 (12.9m/42.2ft)    |
| 8/27/2023             | 2:48            | 15:14           | 8:50 (12.3m/40.2ft)     | 21:21 (13.2m/43.2ft)    |
| 8/28/2023             | 3:57            | 16:22           | 9:59 (12.7m/41.7ft)     | 22:27 (13.7m/44.8ft)    |
| 8/29/2023             | 5:01            | 17:24           | 11:02 (13.4/43.9ft)     | 23:27 (14.3m/46.8ft)    |
| 8/30/2023             | 5:58            | 18:21           | 11:58 (14.1m/46.3ft)    |                         |
| 8/31/2023             | 6:50            | 19:13           | 00:23 (14.8m/48.5ft)    | 12:50 (14.7M/48.2FT)    |
| <b>SEPTEMBER 2023</b> |                 |                 |                         |                         |
| 9/1/2023              | 7:39            | 20:01           | 1:14 (15.2m/49.7ft)     | 13:38 (15.1m/49.5ft)    |
| 9/2/2023              | 8:25            | 20:48           | 2:01 (15.3m/50.1ft)     | 14:24 (15.2m/49.8ft)    |
| 9/3/2023              | 9:10            | 21:33           | 2:47 (15.1m/49.6ft)     | 15:10 (15m/49.4ft)      |
| 9/4/2023              | 9:54            | 22:19           | 3:32 (14.7m/48.4ft)     | 15:55 (14.7m/48.2ft)    |
| 9/5/2023              | 10:40           | 23:07           | 4:18 (14.2m/46.5ft)     | 16:42 (14.2m/46.6ft)    |
| 9/6/2023              | 11:28           | 23:59           | 5:07 (13.5m/44.3ft)     | 17:31 (13.6m/44.7ft)    |
| 9/7/2023              |                 | 12:21           | 5:59 (12.8m/42ft)       | 18:26 (13.1m/42.8ft)    |
| 9/8/2023              | 0:56            | 13:21           | 6:59 (12.2m/40ft)       | 19:27 (12.6m/41.4ft)    |
| 9/9/2023              | 1:59            | 14:24           | 8:04 (11.9m/38.9ft)     | 20:32 (12.4m/40.6ft)    |
| 9/10/2023             | 3:03            | 15:28           | 9:10 (11.9m/38.9ft)     | 21:36 (12.4m/40.7ft)    |
| 9/11/2023             | 4:03            | 16:26           | 10:10 (12.1m/39.8ft)    | 22:33 (12.6m/41.4ft)    |
| 9/12/2023             | 4:56            | 17:18           | 11:02 (12.5m/41ft)      | 23:23 (12.9m/42.2ft)    |
| 9/13/2023             | 5:43            | 18:03           | 11:47 (12.8m/42.1ft)    |                         |
| 9/14/2023             | 6:25            | 18:43           | 00:06 (13.1m/43ft)      | 12:26 (13.1m/43ft)      |
| 9/15/2023             | 7:03            | 19:20           | 00:44 (13.3m/43.6ft)    | 13:02 (13.3m/43.6ft)    |
| 9/16/2023             | 7:38            | 19:55           | 1:19 (13.4m/44ft)       | 13:36 (13.4m/43.9ft)    |

# TIDE SCHEDULE 2023 - BURNTCOAT HEAD PARK

| DATE                | LOW TIDE (A.M.) | LOW TIDE (P.M.) | HIGH TIDE A.M. (HEIGHT) | HIGH TIDE P.M. (HEIGHT) |
|---------------------|-----------------|-----------------|-------------------------|-------------------------|
| 9/17/2023           | 8:13            | 20:30           | 1:53 (13.5m/44.3ft)     | 14:09 (13.5m/44.2ft)    |
| 9/18/2023           | 8:47            | 21:06           | 2:28 (13.5m/44.3ft)     | 14:45 (13.5m/44.4ft)    |
| 9/19/2023           | 9:23            | 21:45           | 3:05 (13.4m/44ft)       | 15:23 (13.5m/44.3ft)    |
| 9/20/2023           | 10:02           | 22:27           | 3:44 (13.2m/43.3ft)     | 16:04 (13.4m/43.9ft)    |
| 9/21/2023           | 10:45           | 23:15           | 4:27 (12.9m/42.4ft)     | 16:51 (13.2m/43.3ft)    |
| 9/22/2023           | 11:35           |                 | 5:16 (12.6m/41.2ft)     | 17:44 (12.9m/42.5ft)    |
| 9/23/2023           | 0:11            | 12:35           | 6:13 (12.2m/40.1ft)     | 18:45 (12.7m/41.8ft)    |
| 9/24/2023           | 1:17            | 13:43           | 7:19 (12.1m/39.6ft)     | 19:52 (12.7m/41.8ft)    |
| 9/25/2023           | 2:28            | 14:55           | 8:31 (12.3m/40.3ft)     | 21:01 (13m/42.7ft)      |
| 9/26/2023           | 2:27            | 16:04           | 9:41 (12.9m/42.2ft)     | 22:08 (13.6m/44.5ft)    |
| 9/27/2023           | 4:39            | 17:06           | 10:43 (13.7m/44.8ft)    | 23:09 (14.2m/46.7ft)    |
| 9/28/2023           | 5:36            | 18:01           | 11:38 (14.4m/47.4ft)    |                         |
| 9/29/2023           | 6:28            | 18:52           | 00:04 (14.8m/48.7ft)    | 12:28 (15m/49.3ft)      |
| 9/30/2023           | 7:16            | 19:40           | 00:53 (15.2m/49.9ft)    | 13:15 (15.4m/50.4ft)    |
| <b>OCTOBER 2023</b> |                 |                 |                         |                         |
| 10/1/2023           | 8:01            | 20:26           | 1:40 (15.2m/50ft)       | 14:01 (15.4m/50.4ft)    |
| 10/2/2023           | 8:45            | 21:10           | 2:24 (15m/49.2ft)       | 14:45 (15.1m/49.6ft)    |
| 10/3/2023           | 9:29            | 21:55           | 3:08 (14.5m/47.6ft)     | 15::29 (14.7m/48.1ft)   |
| 10/4/2023           | 10:13           | 22:41           | 3:53 (13.9m/45.5ft)     | 16:15 (14m/46.1ft)      |
| 10/5/2023           | 10:59           | 23:30           | 4:40 (13.2m/43.2ft)     | 17:02 (13.4m/43.9ft)    |
| 10/6/2023           | 11:51           |                 | 5:31 (12.5m/41ft)       | 17:55 (12.7m/41.8ft)    |
| 10/7/2023           | 0:25            | 12:49           | 6:28 (12m/39.3ft)       | 18:54 (12.3m/40.2ft)    |
| 10/8/2023           | 1:25            | 13:50           | 7:30 (11.7m/38.3ft)     | 19:57 (12m/39.4ft)      |
| 10/9/2023           | 2:27            | 14:52           | 8:34 (11.7m/38.4ft)     | 20:59 (12m/39.5ft)      |
| 10/10/2023          | 3:25            | 15:50           | 9:33 (12m/39.3ft)       | 21:56 (12.2m/40.2ft)    |
| 10/11/2023          | 4:18            | 16:41           | 10:24 (12.4m/40.6ft)    | 22:46 (12.6m/41.2ft)    |
| 10/12/2023          | 5:05            | 17:27           | 11:09 (12.8m/42ft)      | 23:30 (12.9m/42.3ft)    |
| 10/13/2023          | 5:48            | 18:08           | 11:49 (13.2m/43.2ft)    |                         |