

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|------------------------|-------------------|-----------------|------------------|
| Sunday, May 4, 2025 | 12:36 a.m. | 2.56 | 8.40 |
| | 6:38 a.m. | 12.98 | 42.57 |
| | 1:10 p.m. | 2.13 | 6.99 |
| | 7:14 p.m. | 12.37 | 40.57 |
| Monday, May 5, 2025 | 1:37 a.m. | 2.83 | 9.29 |
| | 7:41 a.m. | 12.61 | 41.37 |
| | 2:12 p.m. | 2.41 | 9.18 |
| | 8:18 p.m. | 12.26 | 40.23 |
| Tuesday, May 6, 2025 | 2:41 a.m. | 2.83 | 9.29 |
| | 8:46 a.m. | 12.47 | 40.91 |
| | 3:14 p.m. | 2.47 | 8.10 |
| | 9:22 p.m. | 12.40 | 40.68 |
| Wednesday, May 7, 2025 | 3:44 a.m. | 2.61 | 8.56 |
| | 9:50 a.m. | 12.54 | 41.14 |
| | 4:13 p.m. | 2.36 | 7.74 |
| | 10:22 p.m. | 12.71 | 12.71 |
| Thursday, May 8, 2025 | 4:42 a.m. | 2.30 | 41.70 |
| | 10:49 a.m. | 12.70 | 41.67 |
| | 5:07 p.m. | 2.17 | 7.12 |
| | 11:15 p.m. | 13.06 | 42.85 |
| Friday, May 9, 2025 | 5:36 a.m. | 2.00 | 6.56 |
| | 11:41 a.m. | 12.87 | 42.23 |
| | 5:57 p.m. | 2.00 | 6.56 |
| Saturday, May 10, 2025 | 12:02 a.m. | 13.33 | 43.74 |
| | 5:24 a.m. | 1.79 | 5.87 |
| | 11:28 a.m. | 12.99 | 42.62 |
| | 5:42 p.m. | 1.91 | 6.27 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------|-------------------|-----------------|------------------|
| Sunday, May 11, 2025 | 12:45 a.m. | 13.45 | 44.12 |
| | 7:07 a.m. | 1.67 | 5.48 |
| | 1:09 p.m. | 13.06 | 42.85 |
| | 6:23 p.m. | 1.91 | 6.27 |
| Monday, May 12, 2025 | 1:25 a.m. | 13.44 | 44.10 |
| | 7:47 a.m. | 1.63 | 5.35 |
| | 1:47 p.m. | 13.07 | 42.88 |
| | 8:02 p.m. | 1.99 | 6.53 |
| Tuesday, May 13, 2025 | 2:01 a.m. | 13.37 | 43.87 |
| | 8:24 a.m. | 1.64 | 5.38 |
| | 2:22 p.m. | 13.02 | 42.82 |
| | 8:38 p.m. | 2.12 | 6.96 |
| Wednesday, May 14, 2025 | 2:36 a.m. | 13.28 | 43.57 |
| | 9:01 a.m. | 1.68 | 5.51 |
| | 2:57 p.m. | 12.93 | 42.42 |
| | 9:13 p.m. | 2.24 | 7.35 |
| Thursday, May 15, 2025 | 3:12 a.m. | 13.24 | 43.44 |
| | 9:37 a.m. | 1.75 | 5.74 |
| | 3:33 p.m. | 12.79 | 31.96 |
| | 9:49 p.m. | 2.34 | 7.68 |
| Friday, May 16, 2025 | 3:49 a.m. | 13.22 | 43.37 |
| | 10:15 a.m. | 1.86 | 6.10 |
| | 4:11 p.m. | 12.64 | 41.47 |
| | 10:27 p.m. | 2.43 | 7.97 |
| Saturday, May 17, 2025 | 4:29 a.m. | 13.17 | 43.21 |
| | 10:56 a.m. | 1.98 | 6.50 |
| | 4:53 p.m. | 12.52 | 41.08 |
| | 11:09 p.m. | 2.51 | 8.24 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------------------|-------------------|-----------------|------------------|
| Sunday, May 18, 2025 | 5:13 a.m. | 13.07 | 42.88 |
| | 11:40 a.m. | 2.11 | 6.92 |
| | 5:40 p.m. | 12.46 | 40.88 |
| | 11:56 p.m. | 2.59 | 8.50 |
| Monday, May 19, 2025 Victoria Day | 6:02 a.m. | 12.94 | 42.46 |
| | 12:29 p.m. | 2.20 | 7.22 |
| | 6:32 p.m. | 12.49 | 41.00 |
| Tuesday, May 20, 2025 | 12:50 a.m. | 2.62 | 8.59 |
| | 5:56 a.m. | 12.82 | 42.06 |
| | 1:24 p.m. | 2.21 | 7.25 |
| | 6:29 p.m. | 12.64 | 41.47 |
| Wednesday, May 21, 2025 | 1:50 a.m. | 2.52 | 8.27 |
| | 7:55 a.m. | 12.82 | 42.06 |
| | 2:24 p.m. | 2.10 | 6.89 |
| | 8:30 p.m. | 12.93 | 42.42 |
| Thursday, May 22, 2025 | 2:53 a.m. | 2.23 | 7.32 |
| | 8:57 a.m. | 13.02 | 42.72 |
| | 3:26 p.m. | 1.83 | 6.00 |
| | 9:32 p.m. | 13.37 | 43.87 |
| Friday, May 23, 2025 | 3:57 a.m. | 1.77 | 5.81 |
| | 10:01 a.m. | 13.38 | 43.90 |
| | 4:28 p.m. | 1.45 | 4.76 |
| Saturday, May 24, 2025 | 10:32 p.m. | 13.90 | 45.61 |
| | 4:58 a.m. | 1.23 | 4.04 |
| | 11:02 a.m. | 13.82 | 45.34 |
| | 5:26 p.m. | 1.05 | 3.45 |
| | 11:29 p.m. | 14.44 | 47.38 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------|-------------------|-----------------|------------------|
| Sunday, May 25, 2025 | 4:57 a.m. | 0.71 | 2.33 |
| | 10:59 a.m. | 14.20 | 46.59 |
| | 5:22 p.m. | 0.71 | 2.33 |
| Monday, May 26, 2025 | 12:24 a.m. | 14.87 | 48.79 |
| | 5:53 a.m. | 0.33 | 1.08 |
| | 11:53 a.m. | 14.40 | 47.25 |
| Tuesday, May 27, 2025 | 6:15 p.m. | 0.54 | 1.77 |
| | 1:16 a.m. | 15.13 | 49.64 |
| | 7:46 a.m. | 0.15 | 0.49 |
| Wednesday, May 28, 2025 | 1:45 p.m. | 14.40 | 47.25 |
| | 8:06 p.m. | 0.57 | 1.87 |
| | 2:07 a.m. | 15.15 | 49.71 |
| Thursday, May 29, 2025 | 8:37 a.m. | 0.16 | 0.52 |
| | 2:34 p.m. | 14.22 | 46.66 |
| | 8:55 p.m. | 0.79 | 2.59 |
| Friday, May 30, 2025 | 2:56 a.m. | 14.93 | 48.99 |
| | 9:27 a.m. | 0.36 | 1.18 |
| | 3:24 p.m. | 13.94 | 45.74 |
| Saturday, May 31, 2025 | 9:44 p.m. | 1.15 | 3.77 |
| | 3:45 a.m. | 14.52 | 47.64 |
| | 10:15 a.m. | 0.69 | 2.26 |
| Sunday, May 31, 2025 | 4:13 p.m. | 13.61 | 44.65 |
| | 10:34 p.m. | 1.58 | 5.18 |
| | 4:34 a.m. | 14.02 | 46.00 |
| Monday, May 31, 2025 | 11:04 a.m. | 1.10 | 3.61 |
| | 5:03 p.m. | 13.26 | 43.51 |
| | 11:24 p.m. | 1.99 | 6.53 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------|-------------------|-----------------|------------------|
| Sunday, June 1, 2025 | 5:24 a.m. | 13.52 | 44.36 |
| | 11:53 a.m. | 1.55 | 5.09 |
| | 5:55 p.m. | 12.94 | 42.46 |
| Monday, June 2, 2025 | 12:17 a.m. | 2.32 | 7.61 |
| | 6:18 a.m. | 13.08 | 42.92 |
| | 12:45 p.m. | 1.97 | 6.46 |
| | 6:49 p.m. | 12.68 | 41.60 |
| Tuesday, June 3, 2025 | 1:11 a.m. | 2.54 | 8.33 |
| | 7:13 a.m. | 12.73 | 41.77 |
| | 1:40 p.m. | 2.31 | 7.58 |
| | 7:46 p.m. | 12.52 | 41.08 |
| Wednesday, June 4, 2025 | 2:08 a.m. | 2.65 | 8.69 |
| | 8:11 a.m. | 12.47 | 40.91 |
| | 2:36 p.m. | 2.52 | 8.27 |
| | 8:43 p.m. | 12.49 | 40.98 |
| Thursday, June 5, 2025 | 3:05 a.m. | 2.65 | 8.69 |
| | 9:10 a.m. | 12.30 | 40.36 |
| | 3:32 p.m. | 2.61 | 8.56 |
| | 9:40 p.m. | 12.59 | 41.31 |
| Friday, June 6, 2025 | 4:02 a.m. | 2.57 | 8.43 |
| | 10:07 a.m. | 12.25 | 40.19 |
| | 4:25 p.m. | 2.61 | 8.56 |
| | 10:33 p.m. | 12.74 | 41.80 |
| Saturday, June 7, 2025 | 4:56 a.m. | 2.43 | 7.97 |
| | 11:01 a.m. | 12.30 | 40.36 |
| | 5:16 p.m. | 2.54 | 8.33 |
| | 11:23 p.m. | 12.89 | 42.29 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------|-------------------|-----------------|------------------|
| Sunday, June 8, 2025 | 5:46 a.m. | 2.26 | 7.42 |
| | 11:50 a.m. | 12.43 | 40.78 |
| | 6:04 p.m. | 2.45 | 8.04 |
| Monday, June 9, 2025 | 12:08 a.m. | 13.01 | 42.67 |
| | 6:32 a.m. | 2.09 | 6.86 |
| | 12:35 p.m. | 12.60 | 41.34 |
| Tuesday, June 10, 2025 | 6:49 p.m. | 2.36 | 7.74 |
| | 12:51 a.m. | 13.10 | 42.98 |
| | 7:15 a.m. | 1.92 | 6.30 |
| Wednesday, June 11, 2025 | 1:15 p.m. | 12.76 | 41.87 |
| | 7:30 p.m. | 2.27 | 7.45 |
| | 1:30 a.m. | 13.20 | 43.31 |
| Thursday, June 12, 2025 | 7:56 a.m. | 1.76 | 5.77 |
| | 1:54 p.m. | 12.86 | 42.19 |
| | 8:10 p.m. | 2.20 | 7.22 |
| Friday, June 13, 2025 | 2:09 a.m. | 13.33 | 43.74 |
| | 8:36 a.m. | 1.62 | 5.32 |
| | 2:32 p.m. | 12.90 | 42.32 |
| Saturday, June 14, 2025 | 8:49 p.m. | 2.15 | 7.05 |
| | 2:48 a.m. | 13.47 | 44.20 |
| | 9:16 a.m. | 1.53 | 5.02 |
| Sunday, June 15, 2025 | 3:11 p.m. | 12.90 | 42.32 |
| | 9:28 p.m. | 2.11 | 6.92 |
| | 3:28 a.m. | 13.56 | 44.49 |
| Monday, June 16, 2025 | 9:56 a.m. | 1.51 | 4.95 |
| | 3:52 a.m. | 12.91 | 42.36 |
| | 10:08 p.m. | 2.09 | 6.86 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|---------------------------------------|-------------------|-----------------|------------------|
| Sunday, June 15, 2025 Father's Day | 4:09 a.m. | 13.56 | 44.49 |
| | 10:37 a.m. | 1.54 | 5.05 |
| | 4:34 p.m. | 12.95 | 42.49 |
| | 10:52 p.m. | 2.08 | 6.63 |
| Monday, June 16, 2025 | 4:54 a.m. | 13.47 | 44.20 |
| | 11:21 a.m. | 1.61 | 5.28 |
| | 5:20 p.m. | 13.03 | 42.75 |
| | 11:39 p.m. | 2.09 | 6.86 |
| Tuesday, June 17, 2025 | 5:41 a.m. | 13.33 | 43.74 |
| | 12:07 p.m. | 1.71 | 5.61 |
| | 6:10 p.m. | 13.12 | 43.05 |
| Wednesday, June 18, 2025 | 12:30 a.m. | 2.08 | 6.82 |
| | 6:33 a.m. | 13.20 | 43.31 |
| | 12:59 p.m. | 1.79 | 5.87 |
| | 7:03 p.m. | 13.22 | 43.37 |
| Thursday, June 19, 2025 | 1:25 a.m. | 2.04 | 6.69 |
| | 7:28 a.m. | 13.13 | 43.08 |
| | 1:55 p.m. | 1.83 | 6.00 |
| | 8:01 p.m. | 13.51 | 44.33 |
| Friday, June 20, 2025 | 2:25 a.m. | 1.94 | 6.37 |
| | 8:28 a.m. | 13.14 | 43.11 |
| | 2:56 p.m. | 1.78 | 5.84 |
| | 9:01 p.m. | 13.51 | 44.33 |
| Saturday, June 21, 2025 | 3:28 a.m. | 1.76 | 5.77 |
| | 9:31 a.m. | 13.23 | 43.41 |
| | 3:57 p.m. | 1.65 | 5.41 |
| | 10:03 p.m. | 13.79 | 45.24 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------|-------------------|-----------------|------------------|
| Sunday, June 22, 2025 | 4:32 a.m. | 1.49 | 4.89 |
| | 10:34 a.m. | 13.37 | 43.87 |
| | 4:58 p.m. | 1.47 | 4.82 |
| | 11:03 p.m. | 14.13 | 46.36 |
| Monday, June 23, 2025 | 5:34 a.m. | 1.16 | 3.81 |
| | 11:36 a.m. | 13.54 | 44.42 |
| | 5:58 p.m. | 1.30 | 4.27 |
| Tuesday, June 24, 2025 | 12:02 a.m. | 14.46 | 47.44 |
| | 6:34 a.m. | 0.82 | 2.69 |
| | 12:34 p.m. | 13.71 | 44.98 |
| | 6:55 p.m. | 1.17 | 3.84 |
| Wednesday, June 25, 2025 | 12:58 a.m. | 14.68 | 48.17 |
| | 7:30 a.m. | 0.56 | 1.84 |
| | 1:29 p.m. | 13.82 | 45.34 |
| Thursday, June 26, 2025 | 7:49 p.m. | 1.10 | 3.61 |
| | 1:51 a.m. | 14.73 | 48.33 |
| | 8:22 a.m. | 0.45 | 1.48 |
| Friday, June 27, 2025 | 2:21 p.m. | 13.87 | 45.51 |
| | 8:41 p.m. | 1.12 | 3.77 |
| | 2:42 a.m. | 14.61 | 47.94 |
| | 9:12 a.m. | 0.49 | 1.61 |
| Saturday, June 28, 2025 | 3:10 p.m. | 13.84 | 45.41 |
| | 9:30 p.m. | 1.24 | 4.07 |
| | 3:30 a.m. | 14.35 | 47.08 |
| | 9:59 a.m. | 0.69 | 2.26 |
| | 3:58 p.m. | 13.72 | 45.02 |
| | 10:18 p.m. | 1.44 | 4.72 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------------------|-------------------|-----------------|------------------|
| Sunday, June 29, 2025 | 4:18 a.m. | 14.02 | 46.00 |
| | 10:44 a.m. | 1.00 | 3.28 |
| | 4:45 p.m. | 13.52 | 44.36 |
| | 11:05 p.m. | 1.70 | 5.58 |
| Monday, June 30, 2025 | 5:04 a.m. | 13.65 | 44.79 |
| | 11:29 a.m. | 1.39 | 4.56 |
| | 5:31 p.m. | 13.26 | 43.51 |
| | 11:51 p.m. | 1.98 | 6.50 |
| Tuesday, July 1, 2025 Canada Day | 5:51 a.m. | 13.25 | 43.47 |
| | 12:15 p.m. | 1.82 | 5.97 |
| | 6:18 p.m. | 12.97 | 42.55 |
| Wednesday, July 2, 2025 | 12:39 a.m. | 2.28 | 7.48 |
| | 6:39 a.m. | 12.83 | 42.10 |
| | 1:02 p.m. | 2.24 | 7.35 |
| | 7:07 p.m. | 12.71 | 41.70 |
| Thursday, July 3, 2025 | 1:28 a.m. | 2.55 | 8.37 |
| | 7:30 a.m. | 12.41 | 40.72 |
| | 1:52 p.m. | 2.62 | 8.60 |
| | 7:58 p.m. | 12.50 | 41.01 |
| Friday, July 4, 2025 | 2:20 a.m. | 2.76 | 9.06 |
| | 8:23 a.m. | 12.06 | 39.57 |
| | 2:44 p.m. | 2.90 | 9.51 |
| | 8:51 p.m. | 12.38 | 40.59 |
| Saturday, July 5, 2025 | 3:15 a.m. | 2.88 | 9.45 |
| | 9:18 a.m. | 11.84 | 38.85 |
| | 3:37 p.m. | 3.05 | 10.01 |
| | 9:45 a.m. | 12.34 | 40.49 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------|------------------|-----------------|------------------|
| Sunday, July 6, 2025 | 4:11 a.m. | 2.88 | 9.45 |
| | 10:14 a.m. | 11.81 | 38.75 |
| | 4:31 p.m. | 3.04 | 9.97 |
| | 10:38 p.m. | 12.41 | 40.72 |
| Monday, July 7, 2025 | 5:04 a.m. | 2.74 | 9.00 |
| | 11:08 a.m. | 11.97 | 39.27 |
| | 5:23 p.m. | 2.90 | 9.51 |
| | 11:29 p.m. | 12.58 | 41.27 |
| Tuesday, July 8, 2025 | 5:55 a.m. | 2.48 | 8.14 |
| | 11:58 a.m. | 12.24 | 40.16 |
| | 6:13 p.m. | 2.66 | 8.73 |
| | 11:16 p.m. | 12.85 | 42.16 |
| Wednesday, July 9, 2025 | 5:43 a.m. | 2.13 | 6.99 |
| | 11:43 a.m. | 12.55 | 41.18 |
| | 5:59 p.m. | 2.39 | 7.84 |
| | 1:01 a.m. | 13.19 | 43.28 |
| Thursday, July 10, 2025 | 7:28 a.m. | 1.75 | 5.74 |
| | 1:26 p.m. | 12.83 | 42.10 |
| | 7:43 p.m. | 2.12 | 6.96 |
| | 1:44 a.m. | 13.54 | 44.42 |
| Friday, July 11, 2025 | 8:12 a.m. | 1.41 | 4.63 |
| | 2:08 p.m. | 13.07 | 42.88 |
| | 8:25 p.m. | 1.87 | 6.14 |
| | 2:26 a.m. | 13.83 | 45.38 |
| Saturday, July 12, 2025 | 8:54 a.m. | 1.15 | 3.77 |
| | 2:50 p.m. | 13.29 | 43.60 |
| | 9:08 p.m. | 1.66 | 5.45 |
| | | | |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------|-------------------|-----------------|------------------|
| Sunday, July 13, 2025 | 3:08 a.m. | 14.00 | 45.92 |
| | 9:36 a.m. | 1.02 | 3.35 |
| | 3:32 a.m. | 13.48 | 44.21 |
| | 9:51 p.m. | 1.50 | 4.92 |
| Monday, July 14, 2025 | 3:51 a.m. | 14.02 | 45.99 |
| | 10:18 a.m. | 1.01 | 3.31 |
| | 4:15 p.m. | 13.64 | 44.74 |
| | 10:35 p.m. | 1.42 | 4.66 |
| Tuesday, July 15, 2025 | 4:35 a.m. | 13.94 | 45.72 |
| | 11:00 a.m. | 1.10 | 3.61 |
| | 4:59 p.m. | 13.74 | 45.07 |
| | 11:21 p.m. | 1.43 | 4.69 |
| Wednesday, July 16, 2025 | 5:21 a.m. | 13.78 | 45.20 |
| | 11:45 a.m. | 1.26 | 4.13 |
| | 5:47 p.m. | 13.75 | 45.10 |
| | 12:09 a.m. | 1.52 | 4.99 |
| Thursday, July 17, 2025 | 6:09 a.m. | 13.58 | 44.54 |
| | 12:34 p.m. | 1.46 | 4.79 |
| | 6:37 p.m. | 13.66 | 44.80 |
| | 1:01 a.m. | 1.69 | 5.54 |
| Friday, July 18, 2025 | 7:02 a.m. | 13.34 | 43.76 |
| | 1:28 p.m. | 1.69 | 5.54 |
| | 7:33 p.m. | 13.53 | 44.38 |
| | 1:58 a.m. | 1.87 | 6.13 |
| Saturday, July 19, 2025 | 7:59 a.m. | 13.07 | 42.87 |
| | 2:26 p.m. | 1.90 | 6.23 |
| | 8:33 p.m. | 13.44 | 44.08 |

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------|------------------|-----------------|------------------|
| Sunday, July 20, 2025 | 3:01 a.m. | 1.98 | 6.49 |
| | 9:03 a.m. | 12.84 | 42.12 |
| | 3:29 p.m. | 2.05 | 6.72 |
| | 9:36 p.m. | 13.47 | 44.18 |
| Monday, July 21, 2025 | 4:09 a.m. | 1.92 | 6.30 |
| | 10:11 a.m. | 12.75 | 41.82 |
| | 4:35 p.m. | 2.08 | 6.82 |
| | 10:41 p.m. | 13.65 | 44.77 |
| Tuesday, July 22, 2025 | 5:15 a.m. | 1.64 | 5.38 |
| | 11:18 a.m. | 12.88 | 42.25 |
| | 5:39 p.m. | 1.94 | 6.36 |
| | 11:44 p.m. | 13.91 | 45.63 |
| Wednesday, July 23, 2025 | 6:18 a.m. | 1.25 | 4.10 |
| | 12:20 p.m. | 13.19 | 43.26 |
| | 6:40 p.m. | 1.67 | 5.48 |
| | 12:43 a.m. | 14.19 | 46.54 |
| Thursday, July 24, 2025 | 7:15 a.m. | 0.88 | 2.89 |
| | 1:16 p.m. | 13.55 | 44.44 |
| | 7:36 p.m. | 1.36 | 4.46 |
| | 1:38 a.m. | 14.37 | 47.13 |
| Friday, July 25, 2025 | 8:07 a.m. | 0.64 | 2.10 |
| | 2:07 p.m. | 13.84 | 45.40 |
| | 8:27 p.m. | 1.12 | 3.67 |
| | 2:28 a.m. | 14.42 | 47.30 |
| Saturday, July 26, 2025 | 8:54 a.m. | 0.57 | 1.87 |
| | 2:54 p.m. | 13.98 | 45.85 |
| | 9:14 p.m. | 1.06 | 3.48 |
| | | | |

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|--------------------------|-------------------|-----------------|------------------|
| Sunday, July 27, 2025 | 3:14 p.m. | 14.32 | 46.97 |
| | 9:39 a.m. | 0.68 | 2.23 |
| | 3:38 p.m. | 13.95 | 45.76 |
| | 9:58 p.m. | 1.17 | 3.84 |
| Monday, July 28, 2025 | 3:58 a.m. | 14.08 | 46.18 |
| | 10:21 a.m. | 0.94 | 3.08 |
| | 4:21 p.m. | 13.77 | 45.17 |
| | 10:40 p.m. | 1.42 | 4.66 |
| Tuesday, July 29, 2025 | 4:39 a.m. | 13.74 | 45.07 |
| | 11:01 a.m. | 1.33 | 4.36 |
| | 5:02 p.m. | 13.49 | 44.25 |
| | 11:21 p.m. | 1.76 | 5.77 |
| Wednesday, July 30, 2025 | 5:20 a.m. | 13.31 | 43.66 |
| | 11:41 a.m. | 1.79 | 5.87 |
| | 5:43 p.m. | 13.15 | 43.13 |
| Thursday, July 31, 2025 | 12:03 a.m. | 2.12 | 6.95 |
| | 6:02 a.m. | 12.83 | 42.08 |
| | 12:21 p.m. | 2.29 | 7.51 |
| | 6:25 p.m. | 12.80 | 41.98 |
| Friday, August 1, 2025 | 12:45 a.m. | 2.49 | 8.17 |
| | 6:46 a.m. | 12.34 | 40.78 |
| | 1:05 p.m. | 2.76 | 9.05 |
| Saturday, August 2, 2025 | 7:10 p.m. | 12.47 | 40.90 |
| | 1:32 a.m. | 2.82 | 9.25 |
| | 7:34 a.m. | 11.92 | 39.10 |
| | 1:53 p.m. | 3.13 | 10.27 |
| | 8:00 p.m. | 12.19 | 39.98 |

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|---------------------------|------------------|-----------------|------------------|
| Sunday, August 3, 2025 | 2:24 a.m. | 3.07 | 10.07 |
| | 8:27 a.m. | 11.63 | 38.15 |
| | 2:46 p.m. | 3.34 | 10.96 |
| | 8:54 p.m. | 12.04 | 39.49 |
| Monday, August 4, 2025 | 3:21 a.m. | 3.18 | 10.43 |
| | 9:24 a.m. | 11.54 | 37.85 |
| | 3:43 p.m. | 3.34 | 10.96 |
| | 9:51 p.m. | 12.08 | 39.62 |
| Tuesday, August 5, 2025 | 4:20 a.m. | 3.06 | 10.04 |
| | 10:23 a.m. | 11.69 | 11.69 |
| | 4:40 p.m. | 3.15 | 38.34 |
| | 10:48 p.m. | 12.34 | 40.48 |
| Wednesday, August 6, 2025 | 5:17 a.m. | 2.71 | 8.89 |
| | 11:19 a.m. | 12.04 | 39.49 |
| | 5:36 p.m. | 2.80 | 9.18 |
| | 11:41 p.m. | 12.78 | 41.92 |
| Thursday, August 7, 2025 | 6:10 a.m. | 2.18 | 7.15 |
| | 12:11 p.m. | 12.51 | 41.03 |
| | 6:28 p.m. | 2.35 | 7.71 |
| Friday, August 8, 2025 | 12:31 a.m. | 13.30 | 43.62 |
| | 6:59 a.m. | 1.61 | 5.28 |
| | 12:59 a.m. | 13.02 | 42.71 |
| Saturday, August 9, 2025 | 6:16 p.m. | 1.87 | 6.13 |
| | 1:18 a.m. | 13.81 | 45.30 |
| | 7:46 a.m. | 1.09 | 3.58 |
| | 1:44 p.m. | 13.50 | 44.28 |
| | 8:03 p.m. | 1.40 | 4.59 |

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|----------------------------|-------------------|-----------------|------------------|
| Sunday, August 10, 2025 | 2:03 a.m. | 14.21 | 46.61 |
| | 8:31 a.m. | 0.72 | 2.36 |
| | 2:27 p.m. | 13.92 | 45.66 |
| | 8:48 p.m. | 1.02 | 3.35 |
| Monday, August 11, 2025 | 2:47 a.m. | 14.45 | 47.40 |
| | 9:14 a.m. | 0.54 | 1.77 |
| | 3:10 p.m. | 14.22 | 46.64 |
| | 9:32 p.m. | 0.77 | 2.53 |
| Tuesday, August 12, 2025 | 3:31 a.m. | 14.50 | 47.56 |
| | 9:56 a.m. | 0.54 | 1.77 |
| | 3:53 p.m. | 14.38 | 47.17 |
| | 10:16 p.m. | 0.71 | 2.33 |
| Wednesday, August 13, 2025 | 4:14 a.m. | 14.40 | 47.23 |
| | 10:38 a.m. | 0.67 | 2.20 |
| | 4:37 p.m. | 14.37 | 47.13 |
| | 11:00 p.m. | 0.84 | 2.76 |
| Thursday, August 14, 2025 | 4:59 a.m. | 14.16 | 46.45 |
| | 11:22 a.m. | 0.94 | 3.08 |
| | 5:23 p.m. | 14.20 | 46.58 |
| | 11:47 a.m. | 1.15 | 3.77 |
| Friday, August 15, 2025 | 5:46 a.m. | 13.79 | 45.23 |
| | 12:10 p.m. | 1.31 | 4.30 |
| | 6:13 p.m. | 13.90 | 45.59 |
| Saturday, August 16, 2025 | 12:38 a.m. | 1.56 | 5.12 |
| | 6:37 a.m. | 13.31 | 43.66 |
| | 1:02 p.m. | 1.77 | 5.81 |
| | 7:07 p.m. | 13.54 | 44.41 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|----------------------------|------------------|-----------------|------------------|
| Sunday, August 17, 2025 | 1:35 p.m. | 1.98 | 6.49 |
| | 7:35 a.m. | 12.78 | 41.92 |
| | 2:01 p.m. | 2.25 | 7.38 |
| | 8:08 p.m. | 13.21 | 43.33 |
| Monday, August 18, 2025 | 2:40 a.m. | 2.26 | 7.41 |
| | 8:41 a.m. | 12.35 | 40.51 |
| | 3:07 p.m. | 2.58 | 8.46 |
| | 9:14 p.m. | 13.06 | 42.84 |
| Tuesday, August 19, 2025 | 3:50 a.m. | 2.26 | 7.41 |
| | 9:53 a.m. | 12.24 | 40.05 |
| | 4:17 p.m. | 2.62 | 8.59 |
| | 10:23 p.m. | 13.15 | 43.13 |
| Wednesday, August 20, 2025 | 4:59 a.m. | 1.97 | 6.46 |
| | 11:04 a.m. | 12.53 | 41.10 |
| | 5:24 p.m. | 2.32 | 7.61 |
| | 11:30 p.m. | 13.46 | 44.15 |
| Thursday, August 21, 2025 | 6:02 a.m. | 1.51 | 4.95 |
| | 12:06 p.m. | 13.05 | 42.80 |
| | 6:26 p.m. | 1.80 | 5.90 |
| Friday, August 22, 2025 | 12:30 a.m. | 13.86 | 45.46 |
| | 6:58 a.m. | 1.07 | 3.51 |
| | 1:00 p.m. | 13.59 | 44.58 |
| Saturday, August 23, 2025 | 7:20 p.m. | 1.29 | 4.23 |
| | 1:24 a.m. | 14.18 | 46.51 |
| | 7:48 a.m. | 0.77 | 2.53 |
| | 1:49 p.m. | 13.98 | 45.85 |
| | 8:09 p.m. | 0.95 | 3.12 |

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|----------------------------|-------------------|-----------------|------------------|
| Sunday, August 24, 2025 | 2:11 a.m. | 14.33 | 47.00 |
| | 8:33 a.m. | 0.66 | 2.16 |
| | 2:33 p.m. | 14.16 | 46.44 |
| | 8:53 p.m. | 0.87 | 9.41 |
| Monday, August 25, 2025 | 2:54 a.m. | 14.26 | 46.77 |
| | 9:15 a.m. | 0.75 | 2.46 |
| | 3:14 p.m. | 14.71 | 48.25 |
| | 9:35 p.m. | 1.02 | 3.35 |
| Tuesday, August 26, 2025 | 3:34 a.m. | 14.02 | 45.99 |
| | 9:53 a.m. | 1.03 | 3.38 |
| | 3:53 p.m. | 13.88 | 45.53 |
| | 10:13 p.m. | 1.32 | 4.33 |
| Wednesday, August 27, 2025 | 4:11 a.m. | 13.65 | 44.77 |
| | 10:30 a.m. | 1.45 | 4.76 |
| | 4:30 p.m. | 13.55 | 44.44 |
| | 10:50 p.m. | 1.68 | 5.51 |
| Thursday, August 28, 2025 | 4:48 a.m. | 13.21 | 43.33 |
| | 11:05 a.m. | 1.94 | 6.46 |
| | 5:07 p.m. | 13.18 | 43.23 |
| | 11:26 p.m. | 2.05 | 6.72 |
| Friday, August 29, 2025 | 5:25 a.m. | 12.75 | 41.82 |
| | 11:41 a.m. | 2.44 | 8.00 |
| | 5:45 p.m. | 12.80 | 41.98 |
| Saturday, August 30, 2025 | 12:05 a.m. | 2.42 | 7.94 |
| | 6:06 a.m. | 12.30 | 40.34 |
| | 12:21 p.m. | 2.87 | 9.41 |
| | 6:27 p.m. | 12.44 | 40.80 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|------------------------------|-------------------|-----------------|------------------|
| Sunday, August 31, 2025 | 12:47 a.m. | 2.78 | 9.12 |
| | 6:50 a.m. | 11.91 | 39.06 |
| | 1:06 p.m. | 3.20 | 10.50 |
| | 7:14 p.m. | 12.14 | 39.82 |
| Monday, September 1, 2025 | 1:36 a.m. | 3.09 | 10.14 |
| | 7:41 a.m. | 11.62 | 38.11 |
| | 1:58 p.m. | 3.39 | 11.12 |
| | 8:08 p.m. | 11.98 | 39.29 |
| Tuesday, September 2, 2025 | 2:34 a.m. | 3.24 | 10.63 |
| | 8:38 a.m. | 11.50 | 37.72 |
| | 2:57 p.m. | 3.39 | 11.12 |
| | 9:07 p.m. | 12.03 | 39.46 |
| Wednesday, September 3, 2025 | 3:37 a.m. | 3.12 | 10.23 |
| | 9:40 a.m. | 11.65 | 38.15 |
| | 3:59 p.m. | 3.19 | 10.46 |
| | 10:08 p.m. | 12.32 | 40.41 |
| Thursday, September 4, 2025 | 4:39 a.m. | 2.70 | 8.86 |
| | 10:42 a.m. | 12.08 | 39.62 |
| | 4:59 p.m. | 2.76 | 9.05 |
| | 11:06 p.m. | 12.83 | 42.08 |
| Friday, September 5, 2025 | 5:36 a.m. | 2.08 | 7.48 |
| | 11:38 a.m. | 12.71 | 41.69 |
| | 5:57 p.m. | 2.16 | 7.08 |
| Saturday, September 6, 2025 | 12:01 a.m. | 13.44 | 44.08 |
| | 6:29 a.m. | 1.40 | 4.59 |
| | 12:30 p.m. | 13.41 | 43.98 |
| | 6:50 p.m. | 1.49 | 4.89 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------------|-------------------|-----------------|------------------|
| Sunday, September 7, 2025 | 12:52 a.m. | 14.05 | 46.10 |
| | 7:18 a.m. | 0.82 | 2.70 |
| | 1:17 p.m. | 14.06 | 46.77 |
| | 7:39 p.m. | 0.85 | 2.79 |
| Monday, September 8, 2025 | 1:40 a.m. | 14.54 | 47.69 |
| | 8:05 a.m. | 0.41 | 1.34 |
| | 2:02 p.m. | 14.57 | 47.79 |
| | 8:25 p.m. | 0.38 | 1.15 |
| Tuesday, September 9, 2025 | 2:25 a.m. | 14.82 | 48.61 |
| | 8:49 a.m. | 0.21 | 0.69 |
| | 2:46 p.m. | 14.86 | 48.74 |
| | 9:11 p.m. | 0.15 | 0.49 |
| Wednesday, September 10, 2025 | 3:09 a.m. | 14.86 | 48.74 |
| | 9:33 a.m. | 0.22 | 0.72 |
| | 3:30 p.m. | 14.93 | 48.97 |
| | 9:55 p.m. | 0.22 | 0.72 |
| Thursday, September 11, 2025 | 3:53 a.m. | 14.68 | 48.15 |
| | 10:16 a.m. | 0.44 | 1.44 |
| | 4:15 p.m. | 14.78 | 48.48 |
| | 10:40 p.m. | 0.53 | 1.74 |
| Friday, September 12, 2025 | 4:37 a.m. | 14.28 | 46.84 |
| | 11:00 a.m. | 0.84 | 2.76 |
| | 5:01 p.m. | 14.43 | 47.33 |
| | 11:27 p.m. | 1.02 | 3.35 |
| Saturday, September 13, 2025 | 5:24 a.m. | 13.72 | 45.00 |
| | 11:48 a.m. | 1.41 | 4.63 |
| | 5:50 p.m. | 13.95 | 45.76 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------------|-------------------|-----------------|------------------|
| Sunday, September 14, 2025 | 12:18 a.m. | 1.57 | 5.15 |
| | 6:17 a.m. | 13.07 | 42.87 |
| | 12:41 p.m. | 2.06 | 6.76 |
| | 6:45 p.m. | 13.40 | 43.95 |
| Monday, September 15, 2025 | 1:17 a.m. | 2.08 | 6.82 |
| | 7:17 a.m. | 12.46 | 40.87 |
| | 1:42 p.m. | 2.64 | 8.66 |
| | 7:47 p.m. | 12.94 | 42.44 |
| Tuesday, September 16, 2025 | 2:23 a.m. | 2.40 | 7.87 |
| | 8:25 a.m. | 12.08 | 39.62 |
| | 2:51 p.m. | 2.94 | 9.64 |
| | 8:56 p.m. | 12.71 | 8.89 |
| Wednesday, September 17, 2025 | 3:33 a.m. | 2.40 | 7.87 |
| | 9:39 a.m. | 12.12 | 39.75 |
| | 4:02 p.m. | 2.81 | 9.22 |
| | 10:08 p.m. | 12.83 | 42.08 |
| Thursday, September 18, 2025 | 4:41 a.m. | 2.09 | 6.86 |
| | 10:48 a.m. | 12.56 | 41.20 |
| | 5:08 p.m. | 2.31 | 7.58 |
| | 11:15 p.m. | 13.22 | 43.36 |
| Friday, September 19, 2025 | 5:42 a.m. | 1.65 | 5.41 |
| | 11:48 a.m. | 13.17 | 43.20 |
| | 6:08 p.m. | 1.68 | 5.51 |
| Saturday, September 20, 2025 | 12:13 a.m. | 13.68 | 44.87 |
| | 6:36 a.m. | 1.23 | 4.03 |
| | 12:39 p.m. | 13.72 | 45.00 |
| | 6:59 p.m. | 1.17 | 5.58 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-------------------------------|-------------------|-----------------|------------------|
| Sunday, September 21, 2025 | 1:04 a.m. | 14.01 | 45.95 |
| | 7:24 a.m. | 0.95 | 3.12 |
| | 1:26 p.m. | 14.08 | 46.18 |
| | 7:46 p.m. | 0.89 | 2.92 |
| Monday, September 22, 2025 | 1:49 a.m. | 14.12 | 46.31 |
| | 8:07 a.m. | 0.87 | 2.85 |
| | 2:08 p.m. | 14.19 | 46.54 |
| | 8:29 p.m. | 0.89 | 2.92 |
| Tuesday, September 23, 2025 | 2:29 a.m. | 14.01 | 46.25 |
| | 8:47 a.m. | 1.01 | 3.31 |
| | 2:47 p.m. | 14.07 | 46.15 |
| | 9:08 p.m. | 1.08 | 3.54 |
| Wednesday, September 24, 2025 | 3:07 a.m. | 13.75 | 45.10 |
| | 9:24 a.m. | 1.32 | 4.33 |
| | 3:23 p.m. | 13.80 | 45.26 |
| | 9:44 p.m. | 1.38 | 4.53 |
| Thursday, September 25, 2025 | 3:42 a.m. | 13.40 | 43.95 |
| | 9:59 a.m. | 1.75 | 5.74 |
| | 3:58 p.m. | 13.45 | 44.12 |
| | 10:19 p.m. | 1.71 | 5.61 |
| Friday, September 26, 2025 | 4:16 a.m. | 13.03 | 42.74 |
| | 10:32 a.m. | 2.19 | 7.18 |
| | 4:32 p.m. | 13.09 | 42.94 |
| | 10:53 p.m. | 2.03 | 6.66 |
| Saturday, September 27, 2025 | 4:52 a.m. | 12.65 | 41.49 |
| | 11:06 a.m. | 2.58 | 8.46 |
| | 5:09 p.m. | 12.78 | 41.92 |
| | 11:30 p.m. | 2.36 | 7.74 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-----------------------------|-------------------|-----------------|------------------|
| Sunday, September 28, 2025 | 5:30 a.m. | 12.30 | 40.34 |
| | 11:44 a.m. | 2.89 | 9.48 |
| | 5:50 p.m. | 12.50 | 41.00 |
| Monday, September 29, 2025 | 12:10 a.m. | 2.67 | 8.76 |
| | 6:13 a.m. | 11.98 | 39.29 |
| | 12:27 p.m. | 3.11 | 10.20 |
| | 6:36 p.m. | 12.28 | 40.28 |
| Tuesday, September 30, 2025 | 12:59 a.m. | 2.93 | 9.61 |
| | 7:03 a.m. | 11.75 | 38.54 |
| | 1:19 p.m. | 3.25 | 10.66 |
| | 7:29 p.m. | 12.15 | 39.85 |
| Wednesday, October 1, 2025 | 1:55 a.m. | 3.05 | 10.00 |
| | 7:59 a.m. | 11.68 | 38.31 |
| | 2:18 p.m. | 3.25 | 10.66 |
| | 8:28 p.m. | 12.19 | 39.98 |
| Thursday, October 2, 2025 | 2:58 a.m. | 2.91 | 9.54 |
| | 9:02 a.m. | 11.87 | 38.93 |
| | 3:21 p.m. | 3.04 | 9.97 |
| | 9:30 p.m. | 12.45 | 40.84 |
| Friday, October 3, 2025 | 4:01 a.m. | 2.50 | 8.20 |
| | 10:06 a.m. | 12.37 | 40.57 |
| | 4:26 p.m. | 1.87 | 6.13 |
| | 10:32 p.m. | 12.93 | 42.41 |
| Saturday, October 4, 2025 | 5:01 a.m. | 1.90 | 6.23 |
| | 11:05 a.m. | 13.08 | 42.90 |
| | 5:26 p.m. | 1.87 | 6.13 |
| | 11:30 p.m. | 13.55 | 44.44 |

Tide Times

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| Date | Time | Tide Height (M) | Tide Height (Ft) |
|----------------------------|-------------------|-----------------|------------------|
| Sunday, October 5, 2025 | 5:57 a.m. | 1.26 | 4.13 |
| | 11:59 a.m. | 13.85 | 45.43 |
| | 6:21 p.m. | 1.10 | 3.61 |
| Monday, October 6, 2025 | 12:24 a.m. | 14.19 | 46.54 |
| | 6:49 a.m. | 0.69 | 2.26 |
| | 12:48 p.m. | 14.51 | 47.59 |
| Tuesday, October 7, 2025 | 7:13 p.m. | 0.44 | 1.44 |
| | 1:14 a.m. | 14.70 | 48.22 |
| | 7:38 a.m. | 0.29 | 0.95 |
| Wednesday, October 8, 2025 | 1:36 p.m. | 14.99 | 49.17 |
| | 8:02 p.m. | 0.01 | 0.03 |
| | 2:01 a.m. | 14.95 | 49.04 |
| Thursday, October 9, 2025 | 8:24 a.m. | 0.11 | 0.36 |
| | 2:22 p.m. | 15.22 | 49.92 |
| | 8:49 p.m. | -0.10 | -0.33 |
| Friday, October 10, 2025 | 2:47 a.m. | 14.91 | 48.91 |
| | 9:09 a.m. | 0.17 | 0.56 |
| | 3:08 p.m. | 15.20 | 49.86 |
| Saturday, October 11, 2025 | 9:35 p.m. | 0.08 | 0.26 |
| | 3:32 a.m. | 14.61 | 47.92 |
| | 9:54 a.m. | 0.49 | 1.61 |
| Saturday, October 11, 2025 | 3:54 p.m. | 14.93 | 48.97 |
| | 10:22 p.m. | 0.48 | 1.57 |
| | 4:18 a.m. | 14.10 | 47.23 |
| Saturday, October 11, 2025 | 10:40 a.m. | 1.01 | 3.31 |
| | 4:41 p.m. | 14.46 | 47.43 |
| | 11:11 p.m. | 1.00 | 3.28 |

Tide Times

Tide times are specific to Burntcoat Head Park. Green rows indicate low tide times. The ocean floor can be accessed three hours before and three hours after each low tide. For example, if low tide occurs at 3:00 p.m., the ocean floor can be explored starting at 12:00 noon and until 6:00 p.m.

| Date | Time | Tide Height (M) | Tide Height (Ft) |
|-----------------------------|-------------------|-----------------|------------------|
| Sunday, October 12, 2025 | 5:07 a.m. | 13.48 | 44.21 |
| | 11:30 a.m. | 1.67 | 5.48 |
| | 5:32 p.m. | 13.86 | 45.46 |
| Monday, October 13, 2025 | 12:03 a.m. | 1.55 | 5.08 |
| | 6:02 a.m. | 12.87 | 42.21 |
| | 12:25 p.m. | 2.33 | 7.64 |
| | 6:27 p.m. | 13.26 | 43.49 |
| Tuesday, October 14, 2025 | 1:01 a.m. | 2.03 | 6.66 |
| | 7:03 a.m. | 12.39 | 40.64 |
| | 1:27 p.m. | 2.79 | 9.15 |
| | 7:30 p.m. | 12.79 | 41.95 |
| Wednesday, October 15, 2025 | 2:05 a.m. | 2.33 | 7.64 |
| | 8:10 a.m. | 12.18 | 39.95 |
| | 2:35 p.m. | 2.91 | 9.55 |
| | 8:39 p.m. | 12.60 | 41.33 |
| Thursday, October 16, 2025 | 3:12 a.m. | 2.35 | 7.71 |
| | 9:20 a.m. | 12.32 | 40.41 |
| | 3:42 p.m. | 2.66 | 8.72 |
| | 9:49 p.m. | 12.74 | 41.79 |
| Friday, October 17, 2025 | 4:17 a.m. | 2.12 | 6.95 |
| | 10:25 a.m. | 12.75 | 41.82 |
| | 4:46 p.m. | 2.16 | 7.08 |
| | 10:52 p.m. | 13.08 | 42.90 |
| Saturday, October 18, 2025 | 5:15 a.m. | 1.79 | 5.87 |
| | 11:22 a.m. | 13.27 | 43.53 |
| | 5:43 p.m. | 1.64 | 5.38 |
| | 11:49 p.m. | 13.43 | 44.05 |