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RAROTONGA (AVARUA HARBOUR) – COOK ISLANDS

LAT 21° 12' S LONG 159° 47' W

Times and Heights of High and Low Waters

2024

Local Time

JANUARY

Time	m	Time	m
1 MO 0711 1323 1927	0.94 0.39 0.92 0.42	16 TU 1338 1948	1.05 0.32 1.07 0.31
2 TU 1359 2006	0.91 0.41 0.92 0.44	17 WE 1426 2042	1.02 0.35 1.06 0.34
3 WE 1435 2051	0.89 0.44 0.91 0.47	18 TH 1515 2138	0.97 0.39 1.04 0.38
4 TH 1515 2142	0.85 0.46 0.90 0.48	19 FR 1607 2240	0.92 0.43 1.00 0.41
5 FR 1600 2241	0.83 0.49 0.89 0.49	20 SA 1706 2345	0.87 0.46 0.96 0.44
6 SA 1652 2344	0.80 0.50 0.89 0.48	21 SU 1813	0.83 0.49 0.94
7 SU 1751	0.79 0.50 0.90	22 MO 1921	0.44 0.82 0.50 0.93
8 MO 1854	0.45 0.80 0.49 0.92	23 TU 2024	0.43 0.82 0.50 0.93
9 TU 1953	0.42 0.82 0.47 0.95	24 WE 2116	0.42 0.84 0.48 0.95
10 WE 2048	0.38 0.86 0.44 1.00	25 TH 2203	0.40 0.86 0.45 0.96
11 TH 2142	0.34 0.90 0.39 1.03	26 FR 2244	0.38 0.89 0.43 0.98
12 FR 2233	0.30 0.95 0.35 1.06	27 SA 2321	0.37 0.92 0.41 0.98
13 SA 2324	0.29 0.99 0.32 1.08	28 SU 2357	0.37 0.94 0.40 0.98
14 SU 1807	0.28 1.03 0.30	29 MO 1829	0.38 0.96 0.40
15 MO 1858	1.07 0.29 1.06 0.30	30 TU 1902	0.97 0.39 0.97 0.41
		31 WE 1937	0.95 0.41 0.97 0.42

FEBRUARY

Time	m	Time	m
1 TH 2015	0.93 0.43 0.97 0.43	16 FR 2111	0.98 0.38 1.05 0.37
2 FR 2056	0.89 0.45 0.96 0.45	17 SA 2207	0.92 0.43 1.00 0.42
3 SA 2145	0.86 0.46 0.94 0.47	18 SU 2312	0.85 0.47 0.94 0.46
4 SU 2244	0.82 0.48 0.93 0.47	19 MO 2244	0.80 0.51 0.89 0.47
5 MO 2350	0.80 0.50 0.92 0.47	20 TU 1859	0.49 0.78 0.53 0.88
6 TU 1808	0.79 0.50 0.92	21 WE 2009	0.48 0.79 0.89
7 WE 1921	0.45 0.81 0.49 0.95	22 TH 2104	0.47 0.82 0.50 0.91
8 TH 2029	0.41 0.86 0.45 0.99	23 FR 2150	0.44 0.86 0.47 0.94
9 FR 2128	0.37 0.92 0.40 1.04	24 SA 2229	0.42 0.90 0.44 0.96
10 SA 2223	0.33 0.99 0.34 1.08	25 SU 2303	0.41 0.94 0.41 0.97
11 SU 2315	0.30 1.06 0.29 1.10	26 MO 2337	0.40 0.96 0.39 0.98
12 MO 1143	0.29 1.10 0.26	27 TU 1806	0.39 0.98 0.38
13 TU 1844	1.11 0.29 1.13 0.25	28 WE 1838	0.98 0.39 0.99 0.37
14 WE 1931	1.09 0.31 1.13 0.27	29 TH 1909	0.96 0.40 1.00 0.38
15 TH 2020	1.04 0.34 1.10 0.32		

MARCH

Time	m	Time	m
1 FR 1943	0.94 0.41 0.99 0.39	16 SA 2045	0.96 0.37 1.02 0.36
2 SA 2020	0.91 0.42 0.98 0.41	17 SU 2137	0.89 0.42 0.96 0.42
3 SU 2104	0.87 0.43 0.96 0.43	18 MO 2238	0.82 0.48 0.89 0.47
4 MO 2159	0.83 0.46 0.94 0.45	19 TU 2348	0.78 0.52 0.85 0.50
5 TU 2306	0.80 0.48 0.92 0.47	20 WE 1832	0.76 0.53 0.83
6 WE 1736	0.79 0.49 0.91	21 TH 1946	0.50 0.77 0.53 0.84
7 TH 1859	0.46 0.82 0.48 0.93	22 FR 2044	0.49 0.81 0.50 0.87
8 FR 2012	0.43 0.88 0.44 0.97	23 SA 2128	0.47 0.86 0.46 0.90
9 SA 2115	0.39 0.95 0.37 1.03	24 SU 2206	0.44 0.90 0.42 0.92
10 SU 2209	0.35 1.03 0.31 1.07	25 MO 2240	0.42 0.94 0.39 0.94
11 MO 2300	0.31 1.10 0.25 1.10	26 TU 2313	0.41 0.96 0.37 0.95
12 TU 2347	0.29 1.14 0.22 1.10	27 WE 2345	0.39 0.98 0.35 0.95
13 WE 1825	0.28 1.15 0.22	28 TH 1812	0.38 0.99 0.34
14 TH 1911	1.07 0.30 1.13 0.25	29 FR 1844	0.94 0.38 0.99 0.34
15 FR 1957	1.02 0.33 1.08 0.30	30 SA 1917	0.92 0.38 0.99 0.34
		31 SU 1956	0.89 0.39 0.97 0.36

APRIL

Time	m	Time	m
1 MO 2040	0.86 0.41 0.95 0.39	16 TU 2206	0.81 0.46 0.85 0.45
2 TU 2133	0.83 0.43 0.92 0.42	17 WE 2309	0.77 0.50 0.81 0.48
3 WE 2239	0.81 0.46 0.90 0.44	18 TH 1759	0.76 0.51 0.80
4 TH 2355	0.81 0.47 0.89 0.45	19 FR 1909	0.50 0.78 0.50 0.81
5 FR 1843	0.84 0.45 0.90	20 SA 2007	0.49 0.81 0.48 0.83
6 SA 1955	0.43 0.90 0.40 0.95	21 SU 2053	0.48 0.85 0.44 0.85
7 SU 2057	0.39 0.98 0.33 0.99	22 MO 2133	0.46 0.89 0.40 0.87
8 MO 2150	0.35 1.05 0.27 1.03	23 TU 2210	0.43 0.92 0.37 0.89
9 TU 2240	0.31 1.10 0.22 1.04	24 WE 2245	0.41 0.95 0.34 0.90
10 WE 2327	0.29 1.12 0.20 1.04	25 TH 2318	0.39 0.96 0.32 0.90
11 TH 1804	0.28 1.12 0.21	26 FR 2353	0.37 0.97 0.30 0.89
12 FR 1849	1.01 0.30 1.08 0.24	27 SA 1821	0.36 0.97 0.30
13 SA 1935	0.96 0.33 1.03 0.29	28 SU 1859	0.88 0.36 0.97 0.31
14 SU 2021	0.91 0.37 0.97 0.35	29 MO 1940	0.87 0.37 0.95 0.33
15 MO 2111	0.86 0.42 0.91 0.40	30 TU 2027	0.86 0.38 0.93 0.36

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Datum of Predictions is Tide Gauge Zero

Times are in local standard time (Time Zone UTC -10:00)

Moon Phase Symbols

● New Moon

◐ First Quarter

○ Full Moon

◑ Last Quarter

Caution: Predictions are of secondary quality

RAROTONGA (AVARUA HARBOUR) – COOK ISLANDS

LAT 21° 12' S LONG 159° 47' W

Times and Heights of High and Low Waters

2024

Local Time

MAY				JUNE				JULY				AUGUST			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 0233 0830 WE 1449 ☉ 2121	0.84 0.41 0.90 0.39	16 0341 0959 TH 1614 2227	0.80 0.47 0.81 0.45	1 0423 1046 SA 1700 2308	0.90 0.38 0.87 0.40	16 0440 1122 SU 1726 2316	0.82 0.46 0.78 0.47	1 0500 1134 MO 1742 2340	0.95 0.35 0.85 0.40	16 0433 1124 TU 1724 2307	0.85 0.44 0.75 0.46	1 0018 0648 TH 1322 1930	0.44 0.89 0.38 0.78	16 0546 1237 FR 1843	0.85 0.42 0.74
2 0331 0936 TH 1557 2223	0.84 0.43 0.88 0.42	17 0438 1107 FR 1717 2321	0.79 0.48 0.79 0.48	2 0527 1155 SU 1806	0.92 0.36 0.87	17 0535 1220 MO 1822	0.83 0.44 0.77	2 0603 1237 TU 1845	0.94 0.34 0.83	17 0530 1222 WE 1822	0.84 0.42 0.74	2 0129 0754 FR 1424 2034	0.44 0.89 0.37 0.79	17 0026 0658 SA 1339 1946	0.46 0.87 0.39 0.79
3 0440 1053 FR 1713 2331	0.85 0.43 0.87 0.42	18 0541 1213 SA 1820	0.79 0.48 0.79	3 0009 0630 MO 1259 1909	0.40 0.95 0.33 0.88	18 0007 0630 TU 1313 1915	0.47 0.84 0.42 0.77	3 0041 0707 WE 1338 1945	0.41 0.94 0.33 0.82	18 0002 0630 TH 1318 1920	0.46 0.85 0.40 0.75	3 0236 0852 SA 1519 2130	0.43 0.90 0.35 0.82	18 0139 0802 SU 1435 2044	0.42 0.91 0.35 0.85
4 0551 1210 SA 1827	0.88 0.40 0.89	19 0017 0641 SU 1312 1917	0.48 0.81 0.45 0.79	4 0110 0730 TU 1358 2008	0.39 0.98 0.30 0.88	19 0100 0723 WE 1401 2004	0.47 0.86 0.39 0.78	4 0144 0806 TH 1435 2045	0.40 0.95 0.32 0.83	19 0102 0730 FR 1411 2015	0.45 0.88 0.37 0.78	4 0334 0943 SU 1606 ☉ 2217	0.40 0.92 0.34 0.85	19 0245 0900 MO 1528 ☉ 2136	0.37 0.96 0.31 0.92
5 0659 1318 SU 1933	0.41 0.93 0.35 0.91	20 0111 0732 MO 1402 2007	0.48 0.84 0.42 0.80	5 0210 0826 WE 1453 2103	0.37 1.00 0.27 0.89	20 0152 0810 TH 1446 2052	0.45 0.89 0.36 0.79	5 0246 0901 FR 1530 ☉ 2141	0.39 0.95 0.31 0.84	20 0204 0825 SA 1501 2108	0.42 0.91 0.34 0.82	5 0423 1027 MO 1647 2258	0.38 0.93 0.34 0.88	20 0344 0954 TU 1617 2226	0.31 1.00 0.28 0.99
6 0758 1419 MO 2033	0.39 0.99 0.30 0.94	21 0200 0815 TU 1446 2051	0.46 0.87 0.39 0.82	6 0306 0917 TH 1545 ☉ 2156	0.35 1.01 0.26 0.89	21 0243 0855 FR 1530 ☉ 2138	0.42 0.92 0.32 0.82	6 0344 0953 SA 1620 2232	0.37 0.95 0.30 0.85	21 0304 0917 SU 1550 ☉ 2200	0.39 0.95 0.31 0.87	6 0504 1107 TU 1724 2334	0.36 0.93 0.34 0.90	21 0437 1045 WE 1704 2314	0.26 1.03 0.26 1.04
7 0850 1515 ☉ 2127	0.36 1.04 0.25 0.96	22 0245 0854 WE 1526 2132	0.44 0.90 0.36 0.83	7 0400 1007 FR 1635 2247	0.34 1.01 0.25 0.89	22 0331 0939 SA 1615 2224	0.39 0.94 0.30 0.85	7 0434 1040 SU 1706 2318	0.36 0.95 0.30 0.87	22 0400 1008 MO 1638 2248	0.34 0.98 0.28 0.92	7 0542 1145 WE 1759	0.35 0.93 0.34	22 0527 1135 TH 1750	0.22 1.04 0.25
8 0940 1606 WE 2217	0.33 1.07 0.23 0.97	23 0326 0930 TH 1604 ☉ 2212	0.41 0.93 0.32 0.85	8 0448 1055 SA 1724 2335	0.33 0.99 0.26 0.89	23 0418 1024 SU 1659 2310	0.35 0.96 0.28 0.88	8 0520 1125 MO 1748	0.35 0.94 0.31	23 0451 1059 TU 1726 2337	0.30 1.00 0.27 0.97	8 0617 1221 TH 1831	0.92 0.35 0.92 0.35	23 0000 0615 FR 1224 1836	1.08 0.20 1.03 0.26
9 1028 1656 TH 2306	0.30 1.07 0.22 0.96	24 0405 1007 FR 1642 2251	0.38 0.95 0.30 0.86	9 0534 1141 SU 1810	0.33 0.97 0.28	24 0505 1111 MO 1745 2356	0.33 0.98 0.28 0.90	9 0000 0601 TU 1207 1828	0.88 0.35 0.93 0.33	24 0542 1150 WE 1813	0.27 1.01 0.27	9 0040 0651 FR 1257 1903	0.93 0.35 0.90 0.36	24 0046 0704 SA 1313 1921	1.08 0.21 1.00 0.28
10 1115 FR 1743 2353	0.30 1.05 0.23 0.94	25 0444 1045 SA 1721 2330	0.36 0.96 0.29 0.87	10 0020 0618 MO 1227 1853	0.88 0.34 0.94 0.31	25 0553 1200 TU 1830	0.31 0.98 0.28	10 0039 0642 WE 1247 1905	0.89 0.36 0.91 0.35	25 0024 0631 TH 1241 1900	1.01 0.26 1.01 0.28	10 0111 0727 SA 1332 1935	0.93 0.37 0.87 0.38	25 0132 0753 SU 1400 ☉ 2006	1.07 0.25 0.95 0.31
11 1200 SA 1829	0.31 1.02 0.26	26 0522 1126 SU 1802	0.34 0.97 0.28	11 0102 0701 TU 1312 1935	0.87 0.36 0.90 0.34	26 0043 0642 WE 1251 1918	0.93 0.31 0.97 0.30	11 0115 0720 TH 1329 1941	0.89 0.37 0.88 0.37	26 0111 0722 FR 1331 1946	1.03 0.26 0.98 0.29	11 0144 0804 SU 1410 2009	0.92 0.38 0.84 0.40	26 0219 0845 MO 1451 2054	1.02 0.29 0.89 0.36
12 0635 SU 1246 1915	0.91 0.33 0.97 0.29	27 0012 0603 MO 1210 1845	0.87 0.34 0.96 0.29	12 0143 0745 WE 1358 2016	0.86 0.39 0.87 0.37	27 0130 0732 TH 1345 2006	0.95 0.31 0.95 0.32	12 0149 0800 FR 1409 2017	0.89 0.39 0.86 0.39	27 0157 0814 SA 1424 ☉ 2033	1.03 0.28 0.95 0.32	12 0217 0845 MO 1449 ☉ 2045	0.90 0.40 0.80 0.42	27 0311 0943 TU 1546 2147	0.97 0.34 0.82 0.40
13 0719 MO 1333 2000	0.88 0.36 0.92 0.34	28 0055 0647 TU 1257 1930	0.88 0.34 0.95 0.31	13 0223 0831 TH 1445 ☉ 2059	0.85 0.42 0.84 0.40	28 0217 0828 FR 1441 ☉ 2057	0.96 0.32 0.93 0.34	13 0225 0844 SA 1452 ☉ 2055	0.88 0.41 0.83 0.42	28 0245 0909 SU 1516 2122	1.01 0.30 0.90 0.36	13 0256 0933 TU 1535 2126	0.88 0.42 0.77 0.44	28 0409 1047 WE 1650 2250	0.91 0.39 0.77 0.44
14 0805 TU 1422 2045	0.84 0.40 0.88 0.38	29 0140 0736 WE 1349 2019	0.88 0.35 0.93 0.34	14 0304 0924 FR 1535 2142	0.84 0.44 0.81 0.43	29 0307 0927 SA 1539 2148	0.96 0.34 0.90 0.36	14 0302 0932 SU 1538 2135	0.87 0.43 0.80 0.44	29 0336 1008 MO 1614 2215	0.98 0.34 0.85 0.39	14 0341 1030 WE 1630 2215	0.86 0.43 0.74 0.45	29 0518 1158 TH 1805	0.86 0.42 0.75
15 0857 WE 1515 ☉ 2134	0.82 0.44 0.84 0.42	30 0229 0831 TH 1448 ☉ 2112	0.89 0.37 0.90 0.36	15 0349 1022 SA 1630 2228	0.83 0.45 0.79 0.45	30 0401 1030 SU 1639 2242	0.96 0.35 0.87 0.39	15 0345 1027 MO 1629 2218	0.86 0.44 0.77 0.45	30 0433 1111 TU 1715 2313	0.94 0.36 0.81 0.42	15 0437 1132 TH 1734 2315	0.85 0.43 0.73 0.46	30 0004 0635 FR 1309 1921	0.47 0.84 0.42 0.75
		31 0323 0936 FR 1553 2209	0.89 0.38 0.88 0.39					31 0539 1217 WE 1822	0.91 0.38 0.78					31 0122 0745 SA 1413 2026	0.46 0.85 0.41 0.78

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