## SWINGS OF THE TIDE

The tidal cycle consists of two high tides and two low tides each day. Extreme tides can swing by more than 8 feet from high to low. The tidal columns show this cycle by floating

## up and down with the rise and fall of the tide. Why Do Tides Occur? LOW TIDE The gravitational pull of the Sun's gravitational pull moon and the sun on the earth's MOON water stretches the earth into an HIGH TIDE HIGH egg-like shape. TIDE SUN Moon's gravitational pull **LOW TIDE** © COPYRIGHT PORT OF SAN FRANCISCO

Count the stripes to read the height of the tide in feet. MLLW (Mean Lower Low Water) refers to the average height of the lowest tide recorded at a tide station each day.

**MLLW** 

WHARF DECK

