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?

The gravitational pull of the moon and the sun on the earth's water stretches the earth into an egg-like shape.

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