



**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**January 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	06:24	1.9	<b>9</b>	01:07	1.9	<b>17</b>	01:19	0.5	<b>25</b>	01:14	1.9
	12:29	0.4		07:04	0.3		07:53	1.8		07:19	0.3
Th	18:43	1.9	Fr	13:32	2.0	Sa	13:51	0.6	Su	13:40	2.0
				19:40	0.3		19:55	1.7		19:54	0.3
<b>2</b>	00:59	0.2	<b>10</b>	01:55	1.8	<b>18</b>	02:06	0.4	<b>26</b>	02:04	1.9
	07:28	1.9		07:51	0.4		08:39	1.8		08:09	0.4
Fr	13:32	0.4	Sa	14:18	1.9	Su	14:38	0.6	Mo	14:28	1.9
	19:45	1.9		20:27	0.4		20:43	1.7		20:44	0.3
<b>3</b>	01:57	0.2	<b>11</b>	02:43	1.8	<b>19</b>	02:51	0.4	<b>27</b>	02:57	1.8
	08:28	2.0		08:39	0.5		09:22	1.8		09:03	0.4
Sa	14:32	0.3	Su	15:03	1.9	Mo	15:23	0.5	Tu	15:20	1.9
	20:45	1.9		21:13	0.4		21:30	1.8		21:38	0.3
<b>4</b>	02:54	0.2	<b>12</b>	03:33	1.8	<b>20</b>	03:35	0.4	<b>28</b>	03:56	1.8
	09:24	2.1		09:29	0.5		10:05	1.9		10:02	0.4
Su	15:29	0.3	Mo	15:48	1.8	Tu	16:08	0.5	We	16:17	1.9
	21:42	2.0		22:01	0.5		22:15	1.8		22:35	0.3
<b>5</b>	03:47	0.1	<b>13</b>	04:25	1.7	<b>21</b>	04:18	0.3	<b>29</b>	05:00	1.8
	10:18	2.1		10:20	0.6		10:46	1.9		11:05	0.5
Mo	16:23	0.3	Tu	16:35	1.8	We	16:52	0.4	Th	17:19	1.9
	22:37	2.0		22:50	0.5		22:59	1.8		23:36	0.3
<b>6</b>	04:39	0.1	<b>14</b>	05:19	1.7	<b>22</b>	05:02	0.3	<b>30</b>	06:06	1.9
	11:09	2.1		11:14	0.6		11:28	2.0		12:10	0.5
Tu	17:15	0.3	We	17:23	1.7	Th	17:36	0.4	Fr	18:23	1.9
	23:29	2.0		23:40	0.5		23:43	1.9			
<b>7</b>	05:28	0.2	<b>15</b>	06:13	1.7	<b>23</b>	05:46	0.3	<b>31</b>	00:37	0.3
	11:58	2.1		12:08	0.6		12:11	2.0		07:09	1.9
We	18:05	0.3	Th	18:14	1.7	Fr	18:21	0.3	Sa	13:14	0.4
										19:28	1.9
<b>8</b>	00:18	1.9	<b>16</b>	00:30	0.5	<b>24</b>	00:28	1.9			
	06:17	0.2		07:05	1.7		06:32	0.3			
Th	12:46	2.0	Fr	13:01	0.6	Sa	12:55	2.0			
	18:53	0.3		19:05	1.7		19:07	0.3			

TIMES LISTED ARE N.Z. DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## February 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	01:37	0.3	<b>9</b>	02:06	1.8	<b>17</b>	02:18	0.4	<b>25</b>	02:42	1.9
	08:09	2.0		08:04	0.5		08:48	1.8		08:48	0.4
Su	14:14	0.4	Mo	14:19	1.8	Tu	14:52	0.5	We	15:02	1.9
	20:28	1.9		20:31	0.4		21:01	1.8		21:16	0.3
<b>2</b>	02:34	0.2	<b>10</b>	02:51	1.8	<b>18</b>	03:06	0.4	<b>26</b>	03:41	1.9
	09:04	2.0		08:49	0.5		09:33	1.9		09:47	0.4
Mo	15:10	0.3	Tu	15:00	1.8	We	15:39	0.4	Th	16:00	1.9
	21:25	1.9		21:15	0.5		21:50	1.9		22:14	0.3
<b>3</b>	03:27	0.2	<b>11</b>	03:38	1.7	<b>19</b>	03:53	0.3	<b>27</b>	04:44	1.8
	09:56	2.1		09:36	0.6		10:18	2.0		10:49	0.5
Tu	16:03	0.3	We	15:44	1.7	Th	16:25	0.3	Fr	17:03	1.8
	22:18	2.0		22:01	0.5		22:36	1.9		23:15	0.3
<b>4</b>	04:18	0.2	<b>12</b>	04:30	1.7	<b>20</b>	04:39	0.3	<b>28</b>	05:48	1.9
	10:45	2.1		10:27	0.6		11:02	2.0		11:53	0.5
We	16:52	0.3	Th	16:32	1.7	Fr	17:11	0.3	Sa	18:08	1.8
	23:07	2.0		22:50	0.5		23:23	1.9			
<b>5</b>	05:06	0.2	<b>13</b>	05:25	1.7	<b>21</b>	05:25	0.2			
	11:32	2.0		11:22	0.7		11:47	2.0			
Th	17:39	0.3	Fr	17:25	1.7	Sa	17:57	0.2			
	23:54	1.9		23:43	0.5						
<b>6</b>	05:52	0.3	<b>14</b>	06:20	1.7	<b>22</b>	00:09	2.0			
	12:16	2.0		12:18	0.6		06:13	0.3			
Fr	18:24	0.3	Sa	18:21	1.7	Su	12:33	2.0			
							18:44	0.2			
<b>7</b>	00:39	1.9	<b>15</b>	00:36	0.5	<b>23</b>	00:57	1.9			
	06:36	0.3		07:12	1.7		07:02	0.3			
Sa	12:58	2.0	Su	13:12	0.6	Mo	13:20	2.0			
	19:07	0.3		19:17	1.7		19:32	0.2			
<b>8</b>	01:23	1.9	<b>16</b>	01:28	0.5	<b>24</b>	01:48	1.9			
	07:20	0.4		08:01	1.8		07:53	0.3			
Su	13:39	1.9	Mo	14:03	0.6	Tu	14:09	2.0			
	19:49	0.4		20:11	1.7		20:23	0.3			

TIMES LISTED ARE N.Z. DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## March 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	00:17	0.3	<b>9</b>	00:49	1.9	<b>17</b>	00:50	0.5	<b>25</b>	01:34	2.0
	06:50	1.9		06:47	0.4		07:20	1.8		07:39	0.3
Su	12:56	0.4	Mo	13:00	1.9	Tu	13:27	0.5	We	13:53	1.9
	19:12	1.8		19:10	0.4		19:38	1.8		20:03	0.2
<b>2</b>	01:18	0.3	<b>10</b>	01:28	1.8	<b>18</b>	01:45	0.4	<b>26</b>	02:29	1.9
	07:48	1.9		07:29	0.5		08:11	1.9		08:35	0.4
Mo	13:54	0.4	Tu	13:37	1.8	We	14:19	0.4	Th	14:48	1.9
	20:11	1.9		19:49	0.4		20:32	1.8		20:57	0.3
<b>3</b>	02:14	0.3	<b>11</b>	02:09	1.8	<b>19</b>	02:36	0.4	<b>27</b>	03:28	1.9
	08:41	2.0		08:11	0.5		09:00	1.9		09:33	0.4
Tu	14:49	0.3	We	14:16	1.8	Th	15:09	0.3	Fr	15:47	1.8
	21:06	1.9		20:30	0.5		21:23	1.9		21:55	0.4
<b>4</b>	03:06	0.3	<b>12</b>	02:53	1.7	<b>20</b>	03:27	0.3	<b>28</b>	04:29	1.9
	09:31	2.0		08:56	0.6		09:48	2.0		10:35	0.5
We	15:39	0.3	Th	14:59	1.7	Fr	15:58	0.3	Sa	16:50	1.8
	21:56	1.9		21:14	0.5		22:13	2.0		22:56	0.4
<b>5</b>	03:55	0.3	<b>13</b>	03:41	1.7	<b>21</b>	04:16	0.2	<b>29</b>	05:30	1.9
	10:18	2.0		09:45	0.6		10:36	2.0		11:36	0.4
Th	16:26	0.3	Fr	15:46	1.7	Sa	16:46	0.2	Su	17:54	1.8
	22:43	1.9		22:03	0.5		23:02	2.0		23:58	0.4
<b>6</b>	04:41	0.3	<b>14</b>	04:35	1.7	<b>22</b>	05:05	0.2	<b>30</b>	06:29	1.9
	11:02	2.0		10:39	0.6		11:24	2.0		12:36	0.4
Fr	17:10	0.3	Sa	16:40	1.7	Su	17:34	0.2	Mo	18:55	1.8
	23:27	1.9		22:57	0.6		23:51	2.0			
<b>7</b>	05:25	0.3	<b>15</b>	05:31	1.7	<b>23</b>	05:55	0.2	<b>31</b>	00:57	0.4
	11:43	2.0		11:35	0.6		12:12	2.0		07:24	1.9
Sa	17:51	0.3	Su	17:39	1.7	Mo	18:22	0.2	Tu	13:32	0.4
				23:54	0.5					19:52	1.9
<b>8</b>	00:08	1.9	<b>16</b>	06:27	1.7	<b>24</b>	00:42	2.0			
	06:06	0.4		12:32	0.6		06:46	0.3			
Su	12:22	1.9	Mo	18:40	1.7	Tu	13:02	2.0			
	18:31	0.3					19:12	0.2			

TIMES LISTED ARE N.Z. DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## April 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b> We	<b>01:52</b>	<b>0.4</b>	<b>9</b> Th	00:33	1.8	<b>17</b> Fr	01:08	0.4	<b>25</b> Sa	02:13	1.9
	<b>08:15</b>	<b>1.9</b>		06:38	0.5		07:27	1.9		08:19	0.4
	<b>14:24</b>	<b>0.3</b>		12:39	1.7		13:39	0.3		14:34	1.8
	<b>20:44</b>	<b>1.9</b>		18:51	0.5		19:58	1.9		20:37	0.4
<b>2</b> Th	<b>02:43</b>	<b>0.3</b>	<b>10</b> Fr	01:15	1.8	<b>18</b> Sa	02:02	0.3	<b>26</b> Su	03:11	1.9
	<b>09:03</b>	<b>1.9</b>		07:23	0.6		08:19	2.0		09:18	0.4
	<b>15:12</b>	<b>0.3</b>		13:22	1.7		14:31	0.2		15:35	1.8
	<b>21:32</b>	<b>1.9</b>		19:35	0.5		20:51	2.0		21:36	0.4
<b>3</b> Fr	<b>03:30</b>	<b>0.3</b>	<b>11</b> Sa	02:01	1.7	<b>19</b> Su	02:54	0.3	<b>27</b> Mo	04:08	1.9
	<b>09:47</b>	<b>1.9</b>		08:11	0.6		09:11	2.0		10:16	0.4
	<b>15:56</b>	<b>0.3</b>		14:10	1.7		15:21	0.1		16:36	1.8
	<b>22:16</b>	<b>1.9</b>		20:24	0.5		21:43	2.0		22:36	0.4
<b>4</b> Sa	<b>04:15</b>	<b>0.4</b>	<b>12</b> Su	02:52	1.7	<b>20</b> Mo	03:47	0.2	<b>28</b> Tu	05:04	1.9
	<b>10:29</b>	<b>1.9</b>		09:03	0.6		10:02	2.0		11:13	0.4
	<b>16:38</b>	<b>0.3</b>		15:04	1.7		16:12	0.1		17:35	1.8
	<b>22:58</b>	<b>1.9</b>		21:18	0.5		22:34	2.1		23:34	0.4
<b>5</b> Su	03:57	0.4	<b>13</b> Mo	03:47	1.7	<b>21</b> Tu	04:39	0.2	<b>29</b> We	05:56	1.9
	10:09	1.9		09:58	0.6		10:54	2.0		12:06	0.4
	16:18	0.3		16:02	1.7		17:02	0.1		18:29	1.8
	22:38	1.9		22:16	0.5		23:27	2.0			
<b>6</b> Mo	04:37	0.4	<b>14</b> Tu	04:43	1.8	<b>22</b> We	05:32	0.3	<b>30</b> Th	00:28	0.4
	10:46	1.8		10:55	0.5		11:46	2.0		06:46	1.9
	16:55	0.4		17:04	1.7		17:53	0.2		12:56	0.4
	23:16	1.9		23:14	0.5					19:19	1.9
<b>7</b> Tu	05:17	0.5	<b>15</b> We	05:39	1.8	<b>23</b> Th	00:20	2.0			
	11:23	1.8		11:52	0.4		06:26	0.3			
	17:33	0.4		18:05	1.8		12:40	1.9			
	23:54	1.8					18:45	0.2			
<b>8</b> We	05:57	0.5	<b>16</b> Th	00:12	0.4	<b>24</b> Fr	01:16	2.0			
	12:00	1.8		06:34	1.9		07:22	0.4			
	18:11	0.4		12:46	0.4		13:36	1.9			
				19:03	1.9		19:39	0.3			

TIMES SHOWN IN BOLD HAVE BEEN ADJUSTED FOR N.Z DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**May 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b> Fr	01:18	0.4	<b>9</b> Sa	00:44	1.8	<b>17</b> Su	01:39	0.3	<b>25</b> Mo	02:48	1.9
	07:32	1.9		06:55	0.5		07:53	2.0		08:55	0.4
	13:42	0.3		12:54	1.7		14:06	0.2		15:15	1.8
	20:05	1.9		19:04	0.5		20:30	2.0		21:13	0.4
<b>2</b> Sa	02:04	0.4	<b>10</b> Su	01:29	1.8	<b>18</b> Mo	02:34	0.3	<b>26</b> Tu	03:41	1.9
	08:16	1.9		07:42	0.5		08:48	2.0		09:50	0.4
	14:25	0.3		13:42	1.7		14:59	0.1		16:13	1.8
	20:49	1.9		19:52	0.5		21:24	2.1		22:11	0.5
<b>3</b> Su	02:48	0.4	<b>11</b> Mo	02:18	1.8	<b>19</b> Tu	03:29	0.3	<b>27</b> We	04:34	1.9
	08:57	1.8		08:32	0.5		09:43	2.0		10:44	0.4
	15:06	0.3		14:34	1.7		15:51	0.1		17:09	1.8
	21:30	1.9		20:45	0.5		22:18	2.1		23:07	0.5
<b>4</b> Mo	03:29	0.5	<b>12</b> Tu	03:10	1.8	<b>20</b> We	04:24	0.2	<b>28</b> Th	05:24	1.8
	09:36	1.8		09:26	0.5		10:37	2.0		11:36	0.4
	15:45	0.4		15:31	1.7		16:42	0.1		18:02	1.8
	22:08	1.9		21:42	0.5		23:11	2.1			
<b>5</b> Tu	04:09	0.5	<b>13</b> We	04:05	1.8	<b>21</b> Th	05:17	0.3	<b>29</b> Fr	00:00	0.5
	10:14	1.8		10:22	0.4		11:31	2.0		06:13	1.8
	16:22	0.4		16:33	1.8		17:34	0.2		12:25	0.4
	22:46	1.9		22:42	0.5					18:51	1.8
<b>6</b> We	04:49	0.5	<b>14</b> Th	05:02	1.9	<b>22</b> Fr	00:05	2.1	<b>30</b> Sa	00:50	0.5
	10:51	1.8		11:19	0.4		06:11	0.3		06:59	1.8
	16:59	0.4		17:36	1.8		12:25	1.9		13:11	0.4
	23:24	1.8		23:42	0.4		18:26	0.2		19:37	1.9
<b>7</b> Th	05:29	0.5	<b>15</b> Fr	06:00	1.9	<b>23</b> Sa	00:59	2.0	<b>31</b> Su	01:37	0.5
	11:29	1.7		12:16	0.3		07:06	0.3		07:43	1.8
	17:38	0.4		18:36	1.9		13:21	1.9		13:54	0.4
							19:20	0.3		20:21	1.9
<b>8</b> Fr	00:03	1.8	<b>16</b> Sa	00:41	0.4	<b>24</b> Su	01:53	2.0			
	06:11	0.5		06:57	2.0		08:00	0.4			
	12:10	1.7		13:12	0.2		14:17	1.8			
	18:19	0.5		19:34	2.0		20:15	0.4			

TIMES LISTED ARE N.Z. STANDARD TIME

CROWN COPYRIGHT RESERVED

**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**June 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b> Mo	02:21	0.5	<b>9</b> Tu	01:48	1.8	<b>17</b> We	03:12	0.3	<b>25</b> Th	03:58	1.8
	08:25	1.8		08:05	0.5		09:26	2.0		10:09	0.4
	14:34	0.4		14:08	1.7		15:31	0.1		16:37	1.8
	21:02	1.9		20:17	0.5		22:00	2.1		22:34	0.5
<b>2</b> Tu	03:02	0.5	<b>10</b> We	02:39	1.8	<b>18</b> Th	04:07	0.2	<b>26</b> Fr	04:47	1.8
	09:06	1.8		08:57	0.4		10:20	2.0		11:00	0.4
	15:13	0.4		15:05	1.8		16:23	0.1		17:30	1.8
	21:41	1.9		21:13	0.5		22:53	2.1		23:28	0.6
<b>3</b> We	03:43	0.5	<b>11</b> Th	03:33	1.9	<b>19</b> Fr	05:00	0.2	<b>27</b> Sa	05:36	1.8
	09:45	1.8		09:52	0.4		11:14	2.0		11:50	0.4
	15:52	0.4		16:06	1.8		17:14	0.2		18:20	1.8
	22:19	1.9		22:14	0.5		23:45	2.1			
<b>4</b> Th	04:24	0.5	<b>12</b> Fr	04:30	1.9	<b>20</b> Sa	05:52	0.3	<b>28</b> Su	00:19	0.6
	10:24	1.8		10:50	0.3		12:07	1.9		06:24	1.8
	16:31	0.4		17:10	1.8		18:05	0.2		12:37	0.4
	22:57	1.8		23:16	0.4					19:07	1.8
<b>5</b> Fr	05:04	0.5	<b>13</b> Sa	05:30	1.9	<b>21</b> Su	00:36	2.0	<b>29</b> Mo	01:07	0.6
	11:05	1.8		11:49	0.3		06:44	0.3		07:11	1.8
	17:11	0.4		18:13	1.9		13:00	1.9		13:21	0.4
	23:37	1.8					18:57	0.3		19:51	1.8
<b>6</b> Sa	05:46	0.5	<b>14</b> Su	00:18	0.4	<b>22</b> Mo	01:27	2.0	<b>30</b> Tu	01:52	0.5
	11:46	1.7		06:31	1.9		07:35	0.3		07:55	1.8
	17:53	0.4		12:47	0.2		13:53	1.9		14:03	0.4
				19:13	2.0		19:50	0.4		20:33	1.9
<b>7</b> Su	00:18	1.8	<b>15</b> Mo	01:18	0.3	<b>23</b> Tu	02:17	1.9			
	06:30	0.5		07:31	2.0		08:26	0.3			
	12:30	1.7		13:43	0.1		14:47	1.8			
	18:37	0.4		20:11	2.1		20:44	0.5			
<b>8</b> Mo	01:02	1.8	<b>16</b> Tu	02:16	0.3	<b>24</b> We	03:08	1.9			
	07:16	0.5		08:29	2.0		09:18	0.4			
	13:17	1.7		14:38	0.1		15:42	1.8			
	19:25	0.5		21:07	2.1		21:39	0.5			

TIMES LISTED ARE N.Z. STANDARD TIME

CROWN COPYRIGHT RESERVED

**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**July 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	02:35	0.5	<b>9</b>	02:11	1.9	<b>17</b>	03:48	0.2	<b>25</b>	04:05	1.7
	08:38	1.8		08:30	0.4		10:02	2.0		10:19	0.5
<b>We</b>	14:44	0.4	<b>Th</b>	14:42	1.8	<b>Fr</b>	16:02	0.1	<b>Sa</b>	16:52	1.8
	21:13	1.9		20:49	0.5		22:31	2.1		22:50	0.6
<b>2</b>	03:16	0.5	<b>10</b>	03:05	1.9	<b>18</b>	04:39	0.2	<b>26</b>	04:56	1.7
	09:20	1.8		09:26	0.3		10:54	2.0		11:10	0.5
<b>Th</b>	15:24	0.4	<b>Fr</b>	15:43	1.8	<b>Sa</b>	16:52	0.2	<b>Su</b>	17:44	1.8
	21:52	1.9		21:50	0.5		23:20	2.1		23:43	0.6
<b>3</b>	03:58	0.5	<b>11</b>	04:04	1.9	<b>19</b>	05:28	0.2	<b>27</b>	05:47	1.7
	10:01	1.8		10:24	0.3		11:44	2.0		12:00	0.5
<b>Fr</b>	16:05	0.4	<b>Sa</b>	16:48	1.9	<b>Su</b>	17:41	0.2	<b>Mo</b>	18:33	1.8
	22:32	1.9		22:54	0.4						
<b>4</b>	04:39	0.5	<b>12</b>	05:07	1.9	<b>20</b>	00:08	2.0	<b>28</b>	00:33	0.6
	10:42	1.8		11:25	0.3		06:16	0.2		06:37	1.7
<b>Sa</b>	16:46	0.4	<b>Su</b>	17:53	1.9	<b>Mo</b>	12:33	1.9	<b>Tu</b>	12:47	0.5
	23:11	1.9		23:58	0.4		18:30	0.3		19:19	1.8
<b>5</b>	05:22	0.4	<b>13</b>	06:10	1.9	<b>21</b>	00:55	2.0	<b>29</b>	01:20	0.6
	11:25	1.8		12:25	0.2		07:04	0.3		07:25	1.7
<b>Su</b>	17:29	0.4	<b>Mo</b>	18:54	2.0	<b>Tu</b>	13:23	1.9	<b>We</b>	13:32	0.4
	23:53	1.9					19:19	0.4		20:02	1.8
<b>6</b>	06:05	0.4	<b>14</b>	01:00	0.4	<b>22</b>	01:41	1.9	<b>30</b>	02:05	0.5
	12:09	1.8		07:13	1.9		07:51	0.3		08:11	1.8
<b>Mo</b>	18:14	0.4	<b>Tu</b>	13:23	0.2	<b>We</b>	14:13	1.8	<b>Th</b>	14:15	0.4
				19:52	2.1		20:10	0.5		20:44	1.9
<b>7</b>	00:36	1.9	<b>15</b>	01:59	0.3	<b>23</b>	02:28	1.9	<b>31</b>	02:48	0.5
	06:51	0.4		08:12	2.0		08:39	0.4		08:55	1.8
<b>Tu</b>	12:55	1.8	<b>We</b>	14:18	0.1	<b>Th</b>	15:05	1.8	<b>Fr</b>	14:57	0.4
	19:02	0.4		20:47	2.1		21:02	0.5		21:24	1.9
<b>8</b>	01:22	1.9	<b>16</b>	02:54	0.2	<b>24</b>	03:16	1.8			
	07:39	0.4		09:08	2.0		09:29	0.4			
<b>We</b>	13:46	1.8	<b>Th</b>	15:11	0.1	<b>Fr</b>	15:59	1.8			
	19:53	0.4		21:40	2.1		21:56	0.6			

TIMES LISTED ARE N.Z. STANDARD TIME

CROWN COPYRIGHT RESERVED



**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**August 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b> Sa	03:31	0.4	<b>9</b> Su	03:44	1.9	<b>17</b> Mo	05:00	0.2	<b>25</b> Tu	05:06	1.7
	09:37	1.8		10:02	0.3		11:17	2.0		11:19	0.5
	15:40	0.3		16:30	1.9		17:15	0.3		17:54	1.8
	22:04	1.9		22:36	0.5		23:36	2.0		23:56	0.6
<b>2</b> Su	04:13	0.4	<b>10</b> Mo	04:48	1.9	<b>18</b> Tu	05:45	0.2	<b>26</b> We	06:01	1.7
	10:20	1.9		11:04	0.3		12:03	1.9		12:10	0.5
	16:23	0.3		17:35	1.9		18:01	0.3		18:42	1.8
	22:45	1.9		23:41	0.4						
<b>3</b> Mo	04:56	0.3	<b>11</b> Tu	05:54	1.9	<b>19</b> We	00:19	1.9	<b>27</b> Th	00:45	0.6
	11:03	1.9		12:05	0.2		06:29	0.3		06:53	1.7
	17:07	0.3		18:36	2.0		12:48	1.9		12:59	0.4
	23:28	1.9					18:46	0.4		19:28	1.8
<b>4</b> Tu	05:40	0.3	<b>12</b> We	00:42	0.4	<b>20</b> Th	01:01	1.9	<b>28</b> Fr	01:32	0.5
	11:48	1.9		06:57	1.9		07:12	0.4		07:42	1.8
	17:53	0.3		13:03	0.2		13:34	1.8		13:45	0.4
				19:33	2.0		19:33	0.5		20:11	1.9
<b>5</b> We	00:12	1.9	<b>13</b> Th	01:40	0.3	<b>21</b> Fr	01:44	1.8	<b>29</b> Sa	02:18	0.4
	06:26	0.3		07:55	2.0		07:57	0.4		08:28	1.8
	12:35	1.9		13:59	0.2		14:23	1.8		14:30	0.3
	18:41	0.4		20:26	2.1		20:22	0.6		20:54	1.9
<b>6</b> Th	00:58	1.9	<b>14</b> Fr	02:34	0.2	<b>22</b> Sa	02:29	1.7	<b>30</b> Su	03:02	0.3
	07:14	0.3		08:50	2.0		08:43	0.5		09:13	1.9
	13:26	1.8		14:51	0.2		15:15	1.7		15:15	0.3
	19:33	0.4		21:17	2.1		21:14	0.6		21:37	2.0
<b>7</b> Fr	01:48	1.9	<b>15</b> Sa	03:25	0.2	<b>23</b> Su	03:18	1.7	<b>31</b> Mo	03:46	0.3
	08:06	0.3		09:41	2.0		09:33	0.5		09:58	1.9
	14:23	1.8		15:41	0.2		16:09	1.7		16:00	0.3
	20:30	0.4		22:05	2.1		22:08	0.6		22:20	2.0
<b>8</b> Sa	02:43	1.9	<b>16</b> Su	04:14	0.2	<b>24</b> Mo	04:11	1.7			
	09:02	0.3		10:30	2.0		10:26	0.5			
	15:25	1.8		16:28	0.2		17:03	1.7			
	21:32	0.5		22:51	2.1		23:03	0.6			

TIMES LISTED ARE N.Z. STANDARD TIME

CROWN COPYRIGHT RESERVED



**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## September 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	04:31	0.3	<b>9</b>	05:40	1.8	<b>17</b>	05:52	0.3	<b>25</b>	00:08	0.5
	10:43	1.9		11:46	0.3		12:13	1.9		06:20	1.7
Tu	16:46	0.3	We	18:16	2.0	Th	18:14	0.5	Fr	12:24	0.5
	23:04	2.0								18:50	1.8
<b>2</b>	05:16	0.2	<b>10</b>	00:24	0.3	<b>18</b>	00:21	1.8	<b>26</b>	00:58	0.4
	11:29	1.9		06:42	1.9		06:32	0.4		07:12	1.8
We	17:34	0.3	Th	12:44	0.3	Fr	12:55	1.8	Sa	13:14	0.4
	23:50	2.0		19:11	2.0		18:58	0.5		19:37	1.9
<b>3</b>	06:03	0.2	<b>11</b>	01:20	0.3	<b>19</b>	01:01	1.8	<b>27</b>	01:46	0.4
	12:18	1.9		07:38	1.9		07:14	0.5		<b>09:02</b>	<b>1.9</b>
Th	18:24	0.4	Fr	13:39	0.2	Sa	13:40	1.8	Su	<b>15:03</b>	<b>0.3</b>
				20:03	2.1		19:44	0.6		<b>21:23</b>	<b>2.0</b>
<b>4</b>	00:38	1.9	<b>12</b>	02:12	0.2	<b>20</b>	01:44	1.7	<b>28</b>	<b>03:34</b>	<b>0.3</b>
	06:52	0.3		08:30	2.0		07:58	0.5		<b>09:49</b>	<b>1.9</b>
Fr	13:11	1.9	Sa	14:30	0.2	Su	14:29	1.7	Mo	<b>15:51</b>	<b>0.3</b>
	19:18	0.4		20:51	2.1		20:33	0.6		<b>22:09</b>	<b>2.0</b>
<b>5</b>	01:30	1.9	<b>13</b>	03:00	0.2	<b>21</b>	02:32	1.7	<b>29</b>	<b>04:20</b>	<b>0.2</b>
	07:45	0.3		09:19	2.0		08:47	0.6		<b>10:37</b>	<b>2.0</b>
Sa	14:08	1.9	Su	15:18	0.2	Mo	15:22	1.7	Tu	<b>16:40</b>	<b>0.3</b>
	20:15	0.4		21:37	2.0		21:26	0.6		<b>22:56</b>	<b>2.0</b>
<b>6</b>	02:27	1.8	<b>14</b>	03:46	0.2	<b>22</b>	03:26	1.6	<b>30</b>	<b>05:07</b>	<b>0.2</b>
	08:41	0.3		10:05	2.0		09:40	0.6		<b>11:25</b>	<b>2.0</b>
Su	15:10	1.9	Mo	16:03	0.3	Tu	16:16	1.7	We	<b>17:28</b>	<b>0.3</b>
	21:17	0.5		22:20	2.0		22:21	0.6		<b>23:43</b>	<b>2.0</b>
<b>7</b>	03:29	1.8	<b>15</b>	04:30	0.2	<b>23</b>	04:24	1.6			
	09:42	0.3		10:48	2.0		10:35	0.6			
Mo	16:14	1.9	Tu	16:47	0.3	We	17:10	1.7			
	22:21	0.4		23:02	2.0		23:15	0.6			
<b>8</b>	04:35	1.8	<b>16</b>	05:11	0.3	<b>24</b>	05:23	1.7			
	10:44	0.3		11:31	1.9		11:31	0.5			
Tu	17:17	1.9	We	17:31	0.4	Th	18:01	1.8			
	23:24	0.4		23:42	1.9						

TIMES SHOWN IN BOLD HAVE BEEN ADJUSTED FOR N.Z DAYLIGHT TIME

CROWN COPYRIGHT RESERVED



**NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS**

**Ōmokoroa**

Lat. 37°40'S Long. 176°03'E

**October 2026**

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b> Th	05:54	0.2	<b>9</b> Fr	01:03	0.3	<b>17</b> Sa	00:45	1.8	<b>25</b> Su	01:24	0.4
	12:13	2.0		07:25	1.9		06:55	0.4		07:41	1.8
	18:19	0.3		13:25	0.3		13:20	1.8		13:44	0.4
				19:47	2.0		19:26	0.5		20:02	1.9
<b>2</b> Fr	00:32	2.0	<b>10</b> Sa	01:57	0.3	<b>18</b> Su	01:24	1.7	<b>26</b> Mo	02:15	0.3
	06:43	0.2		08:19	1.9		07:35	0.5		08:35	1.9
	13:04	2.0		14:18	0.3		14:02	1.8		14:37	0.4
	19:11	0.3		20:37	2.0		20:09	0.6		20:53	2.0
<b>3</b> Sa	01:23	1.9	<b>11</b> Su	02:47	0.2	<b>19</b> Mo	02:07	1.7	<b>27</b> Tu	03:06	0.2
	07:33	0.2		09:09	2.0		08:18	0.5		09:27	2.0
	13:58	1.9		15:07	0.3		14:47	1.7		15:29	0.3
	20:05	0.4		21:24	2.0		20:56	0.6		21:44	2.0
<b>4</b> Su	02:16	1.9	<b>12</b> Mo	03:34	0.2	<b>20</b> Tu	02:54	1.7	<b>28</b> We	03:56	0.2
	08:26	0.3		09:55	2.0		09:05	0.6		10:17	2.0
	14:55	1.9		15:54	0.3		15:36	1.7		16:21	0.3
	21:03	0.4		22:08	2.0		21:47	0.6		22:35	2.0
<b>5</b> Mo	03:15	1.8	<b>13</b> Tu	04:17	0.2	<b>21</b> We	03:46	1.6	<b>29</b> Th	04:45	0.1
	09:23	0.3		10:39	2.0		09:57	0.6		11:08	2.0
	15:56	1.9		16:38	0.3		16:29	1.7		17:13	0.3
	22:03	0.4		22:50	1.9		22:40	0.6		23:26	2.0
<b>6</b> Tu	04:17	1.8	<b>14</b> We	04:59	0.3	<b>22</b> Th	04:44	1.6	<b>30</b> Fr	05:34	0.1
	10:23	0.4		11:21	2.0		10:54	0.6		11:59	2.1
	16:58	1.9		17:21	0.4		17:24	1.7		18:05	0.3
	23:05	0.4		23:29	1.9		23:35	0.6			
<b>7</b> We	05:22	1.8	<b>15</b> Th	05:38	0.3	<b>23</b> Fr	05:45	1.7	<b>31</b> Sa	00:17	2.0
	11:26	0.4		12:01	1.9		11:52	0.5		06:24	0.2
	17:58	1.9		18:02	0.4		18:18	1.8		12:52	2.0
									18:58	0.3	
<b>8</b> Th	00:06	0.4	<b>16</b> Fr	00:07	1.8	<b>24</b> Sa	00:30	0.5			
	06:26	1.8		06:17	0.4		06:45	1.7			
	12:27	0.4		12:40	1.9		12:49	0.5			
	18:54	1.9		18:44	0.5		19:11	1.8			

TIMES LISTED ARE N.Z. DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## November 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	01:10	1.9	<b>9</b>	02:20	0.3	<b>17</b>	01:37	1.7	<b>25</b>	02:40	0.2
	07:16	0.2		08:45	1.9		07:45	0.5		09:06	2.0
Su	13:46	2.0	Mo	14:44	0.4	Tu	14:12	1.8	We	15:09	0.3
	19:53	0.3		20:56	1.9		20:25	0.6		21:22	2.0
<b>2</b>	02:05	1.9	<b>10</b>	03:06	0.3	<b>18</b>	02:23	1.7	<b>26</b>	03:33	0.1
	08:09	0.3		09:31	1.9		08:31	0.5		09:59	2.1
Mo	14:42	2.0	Tu	15:30	0.4	We	14:58	1.8	Th	16:04	0.3
	20:49	0.4		21:39	1.9		21:12	0.6		22:16	2.0
<b>3</b>	03:03	1.8	<b>11</b>	03:49	0.3	<b>19</b>	03:13	1.7	<b>27</b>	04:25	0.1
	09:06	0.3		10:14	1.9		09:21	0.5		10:52	2.1
Tu	15:39	1.9	We	16:14	0.4	Th	15:48	1.8	Fr	16:57	0.3
	21:47	0.4		22:21	1.9		22:03	0.5		23:10	2.0
<b>4</b>	04:04	1.8	<b>12</b>	04:29	0.3	<b>20</b>	04:08	1.7	<b>28</b>	05:16	0.1
	10:05	0.4		10:55	1.9		10:16	0.6		11:45	2.1
We	16:37	1.9	Th	16:56	0.4	Fr	16:41	1.8	Sa	17:51	0.2
	22:46	0.4		23:00	1.8		22:58	0.5			
<b>5</b>	05:06	1.8	<b>13</b>	05:08	0.3	<b>21</b>	05:08	1.7	<b>29</b>	00:04	2.0
	11:05	0.4		11:34	1.9		11:15	0.5		06:07	0.1
Th	17:34	1.9	Fr	17:37	0.5	Sa	17:36	1.8	Su	12:38	2.1
	23:44	0.4		23:38	1.8		23:54	0.4		18:44	0.3
<b>6</b>	06:07	1.8	<b>14</b>	05:45	0.4	<b>22</b>	06:10	1.8	<b>30</b>	00:57	2.0
	12:05	0.4		12:12	1.9		12:15	0.5		06:59	0.2
Fr	18:29	1.9	Sa	18:17	0.5	Su	18:33	1.8	Mo	13:31	2.1
										19:38	0.3
<b>7</b>	00:39	0.3	<b>15</b>	00:16	1.8	<b>23</b>	00:51	0.4			
	07:04	1.9		06:23	0.4		07:12	1.8			
Sa	13:02	0.4	Su	12:50	1.8	Mo	13:15	0.4			
	19:21	1.9		18:58	0.5		19:30	1.9			
<b>8</b>	01:32	0.3	<b>16</b>	00:55	1.7	<b>24</b>	01:46	0.3			
	07:57	1.9		07:03	0.4		08:10	1.9			
Su	13:55	0.4	Mo	13:30	1.8	Tu	14:13	0.4			
	20:09	1.9		19:40	0.5		20:27	1.9			

TIMES LISTED ARE N.Z. DAYLIGHT TIME

CROWN COPYRIGHT RESERVED

NEW ZEALAND HYDROGRAPHIC AUTHORITY TIDE PREDICTIONS

# Ōmokoroa

Lat. 37°40'S Long. 176°03'E

## December 2026

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

	Time	m		Time	m		Time	m		Time	m
<b>1</b>	01:52	1.9	<b>9</b>	02:37	0.3	<b>17</b>	01:56	1.7	<b>25</b>	03:12	0.1
	07:51	0.2		09:06	1.9		08:02	0.5		09:41	2.1
Tu	14:24	2.0	We	15:06	0.5	Th	14:26	1.8	Fr	15:46	0.3
	20:31	0.3		21:12	1.8		20:41	0.5		22:00	2.0
<b>2</b>	02:47	1.9	<b>10</b>	03:20	0.3	<b>18</b>	02:44	1.7	<b>26</b>	04:06	0.1
	08:46	0.3		09:49	1.9		08:51	0.5		10:35	2.1
We	15:18	2.0	Th	15:50	0.5	Fr	15:12	1.8	Sa	16:41	0.2
	21:26	0.3		21:54	1.8		21:31	0.5		22:55	2.0
<b>3</b>	03:45	1.8	<b>11</b>	04:01	0.4	<b>19</b>	03:37	1.7	<b>27</b>	04:58	0.1
	09:43	0.4		10:30	1.9		09:44	0.5		11:28	2.1
Th	16:12	1.9	Fr	16:31	0.5	Sa	16:04	1.8	Su	17:34	0.2
	22:21	0.3		22:34	1.8		22:24	0.4		23:48	2.0
<b>4</b>	04:44	1.8	<b>12</b>	04:40	0.4	<b>20</b>	04:35	1.7	<b>28</b>	05:49	0.1
	10:41	0.4		11:09	1.9		10:43	0.5		12:19	2.1
Fr	17:06	1.9	Sa	17:12	0.5	Su	16:59	1.8	Mo	18:26	0.2
	23:16	0.4		23:13	1.8		23:21	0.4			
<b>5</b>	05:42	1.8	<b>13</b>	05:18	0.4	<b>21</b>	05:39	1.8	<b>29</b>	00:41	2.0
	11:39	0.5		11:46	1.9		11:45	0.5		06:40	0.2
Sa	17:59	1.9	Su	17:52	0.5	Mo	18:00	1.9	Tu	13:10	2.1
				23:52	1.8					19:18	0.2
<b>6</b>	00:10	0.4	<b>14</b>	05:56	0.4	<b>22</b>	00:20	0.3	<b>30</b>	01:33	2.0
	06:38	1.8		12:24	1.9		06:44	1.8		07:31	0.2
Su	12:36	0.5	Mo	18:32	0.5	Tu	12:49	0.5	We	14:00	2.1
	18:50	1.8					19:01	1.9		20:08	0.2
<b>7</b>	01:02	0.4	<b>15</b>	00:31	1.7	<b>23</b>	01:19	0.3	<b>31</b>	02:26	1.9
	07:31	1.8		06:35	0.4		07:46	1.9		08:23	0.3
Mo	13:29	0.5	Tu	13:02	1.8	We	13:50	0.4	Th	14:51	2.0
	19:40	1.8		19:13	0.5		20:03	1.9		21:00	0.3
<b>8</b>	01:52	0.4	<b>16</b>	01:12	1.7	<b>24</b>	02:16	0.2			
	08:20	1.9		07:17	0.4		08:45	2.0			
Tu	14:19	0.5	We	13:42	1.8	Th	14:50	0.3			
	20:27	1.8		19:56	0.5		21:02	2.0			

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