



**VHF RADIO**  
 Lerwick Harbour Radio maintains a continuous watch on VHF channels 12 & 16.  
 All communication to the port should be on VHF channel 12.

**TIDE TABLES - 24/07/2011**

High 04:24	1.6 m	Low 10:54	0.9 m
High 17:08	1.6 m	Low 23:46	1.0 m

**RACE START POSITION**  
 LATITUDE 60° 02' N  
 LONGITUDE 000° 59' W

