

The chart displays wave heights in meters over a 24-hour period. The y-axis represents wave height in meters, ranging from 0 to 2.5. The x-axis shows dates from Sunday 14-Sep to Wednesday 24-Sep. The chart is divided into five forecast accuracy regions: Excellent (green), Very Good (purple), Good (blue), Poor (yellow), and Noise (red). A vertical red line at approximately 15:00 on Sunday 14-Sep marks the transition to the 'Noise' region. The wave heights generally decrease from Sunday to Wednesday, with a notable peak around 19:00 on Friday 19-Sep.

