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SPLASH ZONE
(Usually dry –
Location is wet only by sea spray and extremely high tides)

Upper Shore
(Wet only during high tide)

Middle Shore
(Wet / Dry for half the day with tides)

Lower Shore
(Wet for most of the day)

SUB-TIDAL ZONE
Only exposed when there is an extremely low tide

INTER-TIDAL ZONE
Mid Tide Zone which is between the high and low tide mark.