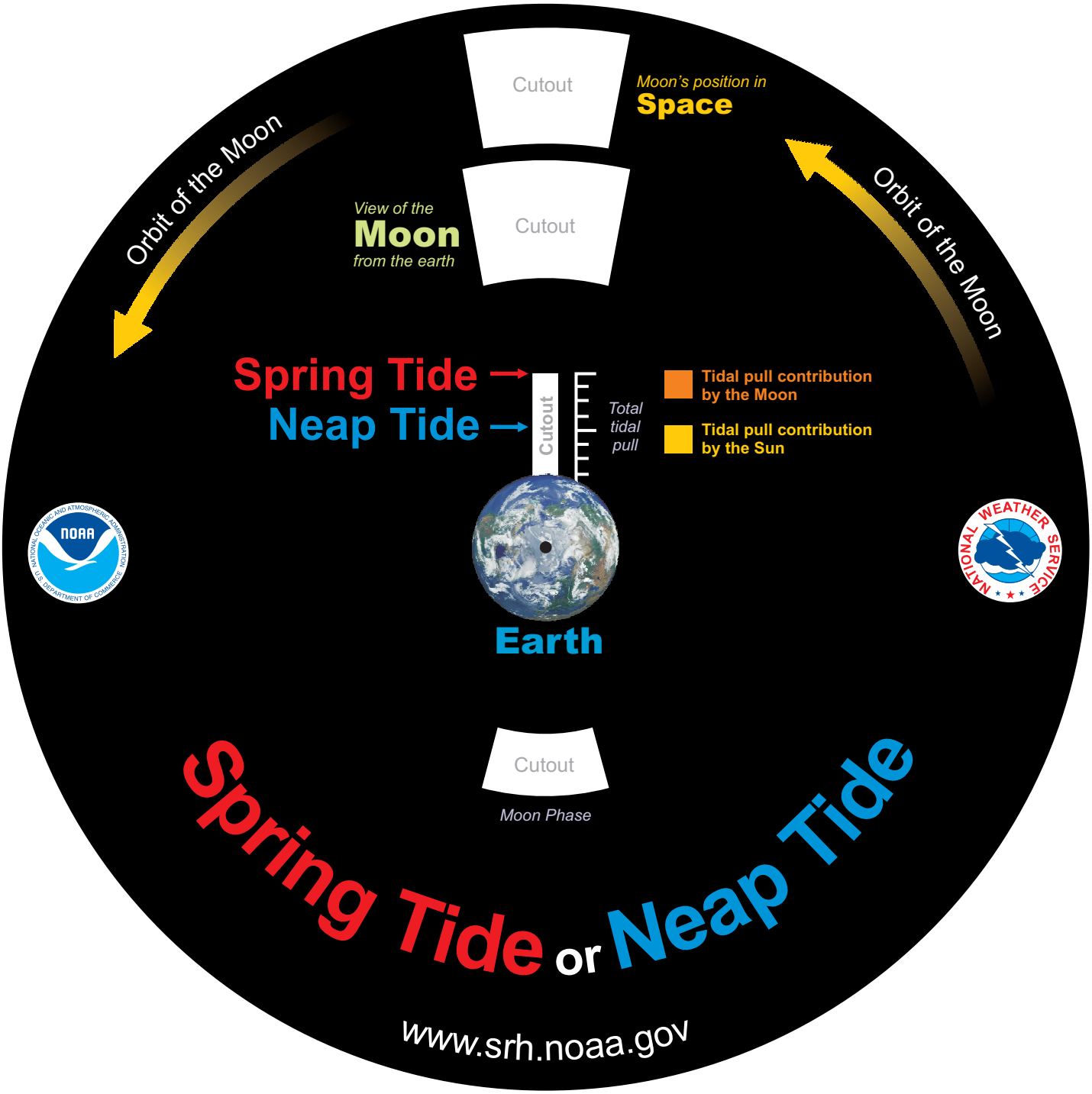
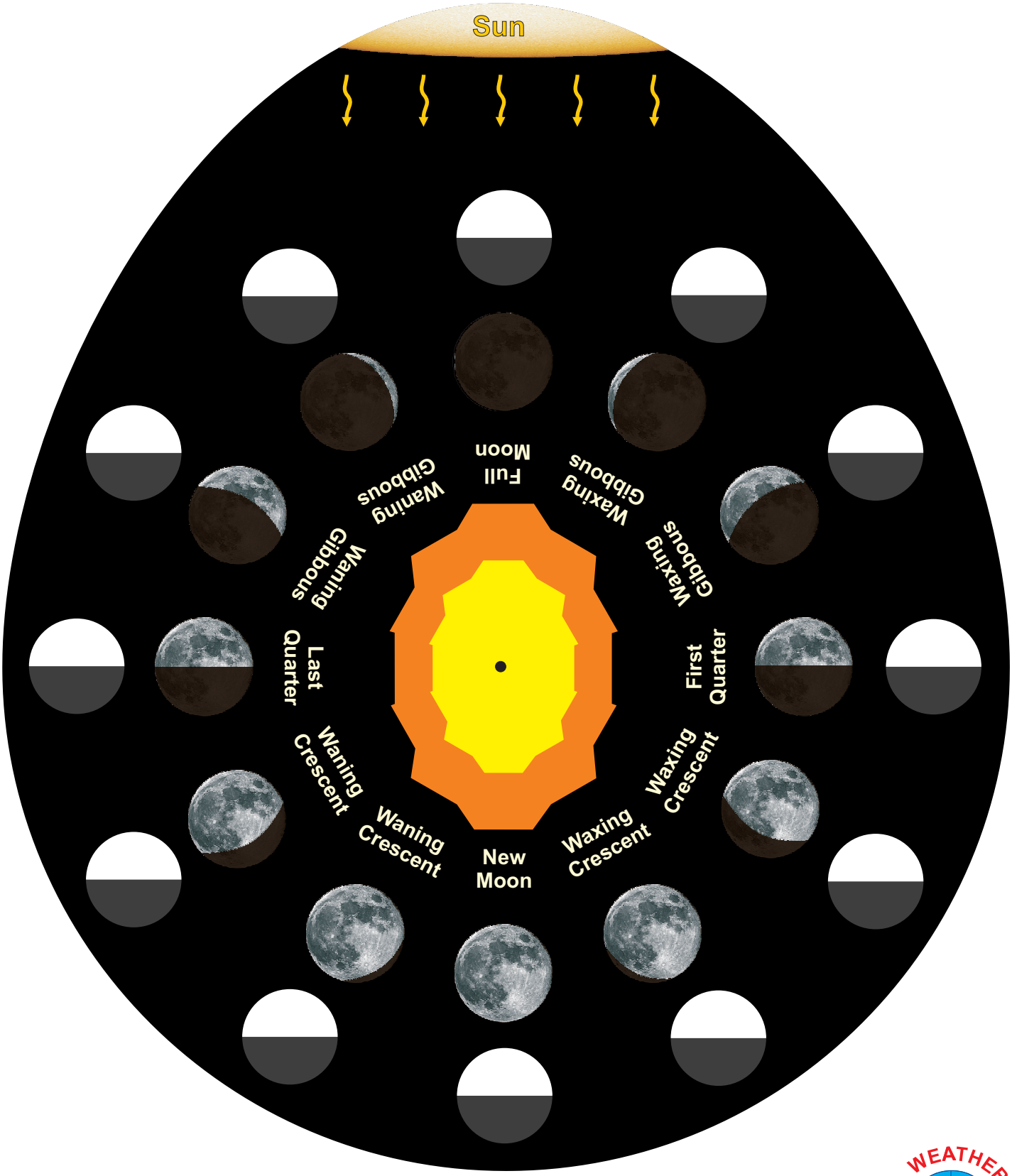
Cut the circle along the edge.
Cut the white areas where the word “cutout” appears.



http://www.srh.weather.gov/srh/jetstream/ocean/ll_tides.htm

Cut the egg-shaped object along the edge.



http://www.srh.weather.gov/srh/jetstream/ocean/ll_tides.htm