$U = (E - e) / A$

Uplift max = [(E + ΔE) - (e - Δe)] / [A - ΔA]
Uplift min = [(E - ΔE) - (e + Δe)] / [A + ΔA]

Past sea-level
Position (e) & } Literature
Highstand age (A)

- E ± ΔE

T3
T2
T1
50 m

Uplift rate max
Uplift rate min

A ± ΔA

Curve from
Spratt and Lisiecki, 2016

0m
e ± Δe

-50 m
5a   5c   5e   7a 7c

-100 m
3c   7e
3a

Highstand age and
-150 m   sea-level estimates

50   100   150   200   250
Age (kyr)