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# Boynton Beach, Lake Worth, FL - Jan 1997

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 2:17 | 2.1 | 2:32 | 2.1 | 9:05 | 0.4 | 9:39 | 0.3 | 7:08 | 5:39 | |
| 2 | Thu | 3:11 | 2.1 | 3:23 | 2.1 | 10:01 | 0.5 | 10:34 | 0.2 | 7:08 | 5:40 | |
| 3 | Fri | 4:10 | 2.1 | 4:19 | 2.1 | 11:01 | 0.5 | 11:30 | 0.1 | 7:09 | 5:40 | |
| 4 | Sat | 5:11 | 2.2 | 5:18 | 2.2 | | | 12:00 | 0.4 | 7:09 | 5:41 | |
| 5 | Sun | 6:11 | 2.3 | 6:17 | 2.3 | 12:25 | -0.1 | 12:56 | 0.3 | 7:09 | 5:42 | |
| 6 | Mon | 7:07 | 2.5 | 7:13 | 2.4 | 1:18 | -0.3 | 1:49 | 0.1 | 7:09 | 5:42 | |
| 7 | Tue | 8:00 | 2.7 | 8:08 | 2.6 | 2:09 | -0.5 | 2:40 | -0.1 | 7:09 | 5:43 | |
| 8 | Wed | 8:51 | 2.8 | 9:00 | 2.7 | 3:00 | -0.7 | 3:31 | -0.2 | 7:09 | 5:44 | |
| 9 | Thu | 9:40 | 2.9 | 9:52 | 2.8 | 3:50 | -0.8 | 4:21 | -0.4 | 7:09 | 5:45 | |
| 10 | Fri | 10:29 | 3.0 | 10:45 | 2.8 | 4:41 | -0.8 | 5:12 | -0.5 | 7:09 | 5:45 | |
| 11 | Sat | 11:18 | 3.0 | 11:37 | 2.8 | 5:33 | -0.8 | 6:04 | -0.5 | 7:10 | 5:46 | |
| 12 | Sun | | | 12:07 | 2.9 | 6:26 | -0.7 | 6:57 | -0.5 | 7:10 | 5:47 | |
| 13 | Mon | 12:32 | 2.7 | 12:58 | 2.8 | 7:21 | -0.5 | 7:54 | -0.5 | 7:10 | 5:48 | |
| 14 | Tue | 1:28 | 2.6 | 1:51 | 2.6 | 8:19 | -0.3 | 8:53 | -0.4 | 7:09 | 5:48 | |
| 15 | Wed | 2:27 | 2.5 | 2:47 | 2.5 | 9:20 | -0.1 | 9:54 | -0.3 | 7:09 | 5:49 | |
| 16 | Thu | 3:30 | 2.4 | 3:46 | 2.3 | 10:24 | 0.0 | 10:56 | -0.3 | 7:09 | 5:50 | |
| 17 | Fri | 4:35 | 2.3 | 4:47 | 2.2 | 11:27 | 0.1 | 11:55 | -0.3 | 7:09 | 5:51 | |
| 18 | Sat | 5:38 | 2.3 | 5:48 | 2.2 | | | 12:27 | 0.2 | 7:09 | 5:52 | |
| 19 | Sun | 6:37 | 2.3 | 6:44 | 2.2 | 12:51 | -0.3 | 1:22 | 0.1 | 7:09 | 5:52 | |
| 20 | Mon | 7:29 | 2.3 | 7:35 | 2.2 | 1:43 | -0.3 | 2:12 | 0.1 | 7:09 | 5:53 | |
| 21 | Tue | 8:14 | 2.4 | 8:20 | 2.3 | 2:30 | -0.3 | 2:57 | 0.0 | 7:08 | 5:54 | |
| 22 | Wed | 8:55 | 2.4 | 9:01 | 2.3 | 3:14 | -0.3 | 3:40 | 0.0 | 7:08 | 5:55 | |
| 23 | Thu | 9:33 | 2.4 | 9:41 | 2.3 | 3:54 | -0.3 | 4:19 | -0.1 | 7:08 | 5:55 | |
| 24 | Fri | 10:09 | 2.4 | 10:19 | 2.3 | 4:33 | -0.3 | 4:57 | -0.1 | 7:08 | 5:56 | |
| 25 | Sat | 10:44 | 2.4 | 10:56 | 2.3 | 5:10 | -0.3 | 5:34 | -0.1 | 7:07 | 5:57 | |
| 26 | Sun | 11:19 | 2.4 | 11:34 | 2.2 | 5:45 | -0.2 | 6:09 | -0.1 | 7:07 | 5:58 | |
| 27 | Mon | 11:55 | 2.3 | | | 6:20 | -0.1 | 6:44 | -0.1 | 7:07 | 5:59 | |
| 28 | Tue | 12:13 | 2.2 | 12:31 | 2.2 | 6:56 | 0.0 | 7:21 | 0.0 | 7:06 | 5:59 | |
| 29 | Wed | 12:55 | 2.1 | 1:08 | 2.1 | 7:35 | 0.1 | 8:01 | 0.0 | 7:06 | 6:00 | |
| 30 | Thu | 1:40 | 2.0 | 1:50 | 2.0 | 8:20 | 0.2 | 8:49 | 0.0 | 7:05 | 6:01 | |
| 31 | Fri | 2:30 | 2.0 | 2:38 | 2.0 | 9:13 | 0.3 | 9:44 | 0.0 | 7:05 | 6:02 | |