US HARBORS www.USHarbors.com

Boynton Beach, Lake Worth, FL - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:03	2.7	7:10	2.6	1:12	-0.5	1:45	0.1	7:08	5:39	
2	Wed	8:00	2.8	8:08	2.7	2:08	-0.6	2:40	-0.1	7:08	5:39	
3	Thu	8:52	2.9	9:01	2.8	3:03	-0.7	3:33	-0.2	7:08	5:40	
4	Fri	9:41	2.9	9:53	2.8	3:54	-0.7	4:24	-0.3	7:09	5:41	
5	Sat	10:27	2.9	10:42	2.7	4:44	-0.6	5:14	-0.3	7:09	5:42	
6	Sun	11:12	2.8	11:29	2.6	5:33	-0.5	6:02	-0.3	7:09	5:42	
7	Mon	11:55	2.7			6:21	-0.4	6:50	-0.2	7:09	5:43	
8	Tue	12:16	2.5	12:37	2.5	7:09	-0.2	7:38	-0.1	7:09	5:44	
9	Wed	1:03	2.4	1:19	2.4	7:57	0.0	8:27	-0.1	7:09	5:44	
10	Thu	1:51	2.2	2:02	2.2	8:47	0.2	9:17	0.0	7:09	5:45	
11	Fri	2:41	2.1	2:48	2.1	9:41	0.4	10:10	0.1	7:09	5:46	
12	Sat	3:35	2.0	3:38	2.0	10:37	0.5	11:04	0.1	7:09	5:47	
13	Sun	4:33	2.0	4:33	1.9	11:33	0.5	11:57	0.1	7:09	5:48	
14	Mon	5:31	2.0	5:31	1.9			12:28	0.5	7:09	5:48	
15	Tue	6:26	2.1	6:26	2.0	12:48	0.0	1:18	0.4	7:09	5:49	
16	Wed	7:16	2.2	7:18	2.1	1:36	-0.1	2:05	0.3	7:09	5:50	
17	Thu	8:02	2.3	8:06	2.2	2:20	-0.2	2:48	0.2	7:09	5:51	
18	Fri	8:45	2.4	8:51	2.3	3:01	-0.3	3:29	0.1	7:09	5:51	
19	Sat	9:26	2.5	9:35	2.3	3:41	-0.3	4:08	0.0	7:09	5:52	
20	Sun	10:06	2.5	10:18	2.4	4:21	-0.4	4:47	-0.2	7:09	5:53	
21	Mon	10:46	2.6	11:02	2.5	5:02	-0.4	5:27	-0.3	7:08	5:54	
22	Tue	11:26	2.5	11:48	2.5	5:44	-0.4	6:09	-0.3	7:08	5:55	
23	Wed			12:07	2.5	6:28	-0.3	6:55	-0.4	7:08	5:55	
24	Thu	12:36	2.4	12:51	2.4	7:17	-0.2	7:45	-0.4	7:08	5:56	
25	Fri	1:28	2.4	1:39	2.3	8:10	-0.1	8:40	-0.4	7:07	5:57	
26	Sat	2:26	2.3	2:34	2.2	9:10	0.1	9:43	-0.4	7:07	5:58	
27	Sun	3:30	2.3	3:38	2.2	10:17	0.1	10:49	-0.4	7:06	5:58	
28	Mon	4:39	2.3	4:47	2.2	11:25	0.2	11:56	-0.4	7:06	5:59	
29	Tue	5:47	2.3	5:56	2.2			12:31	0.1	7:06	6:00	
30	Wed	6:50	2.4	7:00	2.4	12:59	-0.5	1:32	0.0	7:05	6:01	
31	Thu	7:46	2.5	7:58	2.5	1:57	-0.6	2:28	-0.2	7:05	6:02	