US HARBORS www.USHarbors.com

Boynton Beach, Lake Worth, FL - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:40	2.7	7:41	2.5	1:46	-0.4	2:20	0.1	7:08	5:39	
2	Mon	8:34	2.8	8:38	2.6	2:41	-0.6	3:13	0.0	7:08	5:40	
3	Tue	9:26	2.9	9:33	2.7	3:34	-0.7	4:06	-0.2	7:09	5:40	
4	Wed	10:16	3.0	10:27	2.8	4:27	-0.8	4:58	-0.3	7:09	5:41	
5	Thu	11:04	3.0	11:21	2.8	5:20	-0.7	5:51	-0.4	7:09	5:42	
6	Fri	11:53	2.9			6:13	-0.6	6:44	-0.4	7:09	5:43	
7	Sat	12:15	2.7	12:41	2.8	7:07	-0.4	7:39	-0.4	7:09	5:43	
8	Sun	1:10	2.6	1:30	2.6	8:03	-0.2	8:35	-0.3	7:09	5:44	
9	Mon	2:07	2.5	2:22	2.4	9:01	0.0	9:32	-0.3	7:09	5:45	
10	Tue	3:07	2.4	3:16	2.3	10:01	0.2	10:31	-0.2	7:09	5:45	
11	Wed	4:08	2.2	4:13	2.1	11:02	0.3	11:29	-0.1	7:09	5:46	
12	Thu	5:11	2.2	5:13	2.0			12:02	0.4	7:09	5:47	
13	Fri	6:12	2.2	6:10	2.0	12:25	-0.1	12:58	0.4	7:09	5:48	
14	Sat	7:06	2.2	7:03	2.0	1:18	-0.1	1:49	0.4	7:09	5:49	
15	Sun	7:53	2.2	7:51	2.1	2:06	-0.1	2:36	0.3	7:09	5:49	
16	Mon	8:35	2.3	8:34	2.1	2:51	-0.2	3:19	0.3	7:09	5:50	
17	Tue	9:14	2.3	9:15	2.2	3:32	-0.2	3:59	0.2	7:09	5:51	
18	Wed	9:50	2.4	9:54	2.2	4:11	-0.2	4:37	0.1	7:09	5:52	
19	Thu	10:25	2.4	10:33	2.2	4:47	-0.2	5:13	0.1	7:09	5:52	
20	Fri	11:00	2.3	11:11	2.2	5:22	-0.2	5:47	0.0	7:08	5:53	
21	Sat	11:34	2.3	11:50	2.2	5:57	-0.1	6:21	0.0	7:08	5:54	
22	Sun			12:08	2.2	6:32	0.0	6:56	0.0	7:08	5:55	
23	Mon	12:31	2.1	12:42	2.1	7:10	0.1	7:34	-0.1	7:08	5:56	
24	Tue	1:14	2.1	1:20	2.1	7:53	0.2	8:18	-0.1	7:07	5:56	
25	Wed	2:03	2.1	2:03	2.0	8:43	0.3	9:11	-0.1	7:07	5:57	
26	Thu	3:00	2.0	2:56	2.0	9:43	0.4	10:13	-0.2	7:07	5:58	
27	Fri	4:05	2.1	4:01	2.0	10:50	0.4	11:20	-0.2	7:06	5:59	
28	Sat	5:15	2.1	5:13	2.0	11:58	0.3			7:06	6:00	
29	Sun	6:22	2.3	6:23	2.2	12:26	-0.4	1:03	0.2	7:05	6:00	
30	Mon	7:23	2.4	7:28	2.4	1:28	-0.5	2:03	0.0	7:05	6:01	
31	Tue	8:17	2.6	8:26	2.6	2:26	-0.7	2:58	-0.2	7:05	6:02	