


































Annisquam Lobster Cove, MA - Jan 2030

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 8:06 | 10.1 | 8:51 | 8.4 | 1:42 | 0.2 | 2:36 | -0.5 | 7:12 | 4:19 |  |
| 2 | Wed | 9:08 | 10.5 | 9:53 | 8.8 | 2:44 | 0.1 | 3:37 | -1.0 | 7:12 | 4:20 |  |
| 3 | Thu | 10:06 | 10.8 | 10:49 | 9.1 | 3:44 | -0.2 | 4:33 | -1.4 | 7:12 | 4:21 |  |
| 4 | Fri | 11:00 | 11.0 | 11:41 | 9.4 | 4:40 | -0.4 | 5:25 | -1.6 | 7:12 | 4:22 |  |
| 5 | Sat | 11:51 | 11.0 | | | 5:32 | -0.6 | 6:14 | -1.6 | 7:12 | 4:23 |  |
| 6 | Sun | 12:30 | 9.5 | 12:39 | 10.8 | 6:22 | -0.6 | 6:59 | -1.5 | 7:12 | 4:24 |  |
| 7 | Mon | 1:16 | 9.5 | 1:26 | 10.4 | 7:11 | -0.4 | 7:44 | -1.1 | 7:12 | 4:25 |  |
| 8 | Tue | 2:01 | 9.4 | 2:11 | 9.8 | 7:58 | -0.1 | 8:27 | -0.7 | 7:12 | 4:26 |  |
| 9 | Wed | 2:45 | 9.1 | 2:57 | 9.2 | 8:45 | 0.2 | 9:10 | -0.2 | 7:12 | 4:27 |  |
| 10 | Thu | 3:30 | 8.9 | 3:44 | 8.6 | 9:34 | 0.6 | 9:54 | 0.4 | 7:11 | 4:28 |  |
| 11 | Fri | 4:16 | 8.6 | 4:33 | 7.9 | 10:25 | 1.0 | 10:41 | 0.9 | 7:11 | 4:29 |  |
| 12 | Sat | 5:04 | 8.4 | 5:27 | 7.4 | 11:20 | 1.3 | 11:31 | 1.3 | 7:11 | 4:31 |  |
| 13 | Sun | 5:56 | 8.2 | 6:27 | 7.1 | | | 12:20 | 1.4 | 7:10 | 4:32 |  |
| 14 | Mon | 6:52 | 8.2 | 7:28 | 6.9 | 12:24 | 1.5 | 1:20 | 1.4 | 7:10 | 4:33 |  |
| 15 | Tue | 7:48 | 8.4 | 8:28 | 7.0 | 1:20 | 1.6 | 2:18 | 1.2 | 7:09 | 4:34 |  |
| 16 | Wed | 8:41 | 8.6 | 9:21 | 7.3 | 2:14 | 1.5 | 3:10 | 0.8 | 7:09 | 4:35 |  |
| 17 | Thu | 9:29 | 8.9 | 10:07 | 7.6 | 3:05 | 1.3 | 3:56 | 0.4 | 7:08 | 4:36 |  |
| 18 | Fri | 10:13 | 9.3 | 10:49 | 8.0 | 3:52 | 1.0 | 4:37 | 0.0 | 7:08 | 4:38 |  |
| 19 | Sat | 10:54 | 9.6 | 11:28 | 8.4 | 4:36 | 0.6 | 5:15 | -0.3 | 7:07 | 4:39 |  |
| 20 | Sun | 11:34 | 9.8 | | | 5:17 | 0.3 | 5:53 | -0.7 | 7:06 | 4:40 |  |
| 21 | Mon | 12:06 | 8.7 | 12:13 | 10.0 | 5:59 | 0.0 | 6:31 | -0.9 | 7:06 | 4:41 |  |
| 22 | Tue | 12:44 | 9.1 | 12:53 | 10.0 | 6:41 | -0.2 | 7:10 | -1.0 | 7:05 | 4:43 |  |
| 23 | Wed | 1:23 | 9.3 | 1:35 | 9.9 | 7:24 | -0.4 | 7:51 | -1.0 | 7:04 | 4:44 |  |
| 24 | Thu | 2:05 | 9.5 | 2:21 | 9.7 | 8:11 | -0.4 | 8:35 | -0.9 | 7:03 | 4:45 |  |
| 25 | Fri | 2:51 | 9.6 | 3:11 | 9.2 | 9:02 | -0.3 | 9:23 | -0.6 | 7:03 | 4:46 |  |
| 26 | Sat | 3:41 | 9.6 | 4:07 | 8.7 | 9:57 | -0.2 | 10:16 | -0.2 | 7:02 | 4:48 |  |
| 27 | Sun | 4:37 | 9.6 | 5:10 | 8.3 | 10:59 | 0.0 | 11:16 | 0.2 | 7:01 | 4:49 |  |
| 28 | Mon | 5:39 | 9.5 | 6:20 | 7.9 | | | 12:07 | 0.1 | 7:00 | 4:50 |  |
| 29 | Tue | 6:46 | 9.5 | 7:33 | 7.9 | 12:21 | 0.4 | 1:17 | 0.0 | 6:59 | 4:52 |  |
| 30 | Wed | 7:55 | 9.7 | 8:41 | 8.2 | 1:28 | 0.4 | 2:25 | -0.3 | 6:58 | 4:53 |  |
| 31 | Thu | 8:59 | 10.0 | 9:42 | 8.6 | 2:33 | 0.2 | 3:27 | -0.7 | 6:57 | 4:54 |  |