

































## Cape Cod Canal, East (Sandwich), MA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:03	10.3	8:43	8.7	1:45	0.2	2:30	-0.8	7:09	4:22	
2	Wed	9:01	10.6	9:40	9.0	2:42	0.0	3:27	-1.1	7:09	4:23	
3	Thu	9:57	10.8	10:36	9.3	3:39	-0.2	4:22	-1.4	7:09	4:23	
4	Fri	10:51	10.9	11:29	9.4	4:34	-0.4	5:14	-1.5	7:09	4:24	
5	Sat	11:43	10.8			5:27	-0.4	6:04	-1.4	7:09	4:25	
6	Sun	12:19	9.5	12:34	10.5	6:19	-0.4	6:53	-1.2	7:09	4:26	
7	Mon	1:08	9.4	1:23	10.0	7:10	-0.2	7:40	-0.8	7:09	4:27	
8	Tue	1:56	9.3	2:12	9.4	8:00	0.1	8:27	-0.3	7:08	4:28	
9	Wed	2:44	9.0	3:02	8.8	8:50	0.5	9:14	0.3	7:08	4:29	
10	Thu	3:32	8.8	3:52	8.2	9:41	0.8	10:01	0.8	7:08	4:30	
11	Fri	4:19	8.5	4:43	7.7	10:33	1.1	10:49	1.2	7:08	4:31	
12	Sat	5:08	8.3	5:36	7.3	11:26	1.3	11:39	1.6	7:07	4:33	
13	Sun	5:59	8.2	6:31	7.1			12:20	1.4	7:07	4:34	
14	Mon	6:50	8.2	7:26	7.1	12:30	1.7	1:13	1.3	7:07	4:35	
15	Tue	7:41	8.4	8:17	7.2	1:22	1.8	2:04	1.1	7:06	4:36	
16	Wed	8:30	8.6	9:06	7.5	2:12	1.6	2:53	0.8	7:06	4:37	
17	Thu	9:16	8.9	9:51	7.7	3:00	1.4	3:39	0.5	7:05	4:38	
18	Fri	10:01	9.2	10:35	8.1	3:47	1.2	4:24	0.1	7:05	4:39	
19	Sat	10:45	9.5	11:17	8.4	4:33	0.9	5:07	-0.2	7:04	4:41	
20	Sun	11:27	9.7	11:58	8.7	5:17	0.6	5:50	-0.4	7:03	4:42	
21	Mon			12:10	9.7	6:02	0.4	6:32	-0.5	7:03	4:43	
22	Tue	12:40	9.0	12:54	9.7	6:47	0.2	7:14	-0.5	7:02	4:44	
23	Wed	1:23	9.2	1:39	9.5	7:34	0.0	7:58	-0.4	7:01	4:46	
24	Thu	2:08	9.4	2:28	9.2	8:23	0.0	8:45	-0.2	7:01	4:47	
25	Fri	2:56	9.5	3:21	8.9	9:15	0.0	9:35	0.1	7:00	4:48	
26	Sat	3:48	9.6	4:17	8.6	10:11	0.0	10:28	0.3	6:59	4:49	
27	Sun	4:43	9.6	5:18	8.3	11:10	0.0	11:26	0.5	6:58	4:51	
28	Mon	5:43	9.6	6:22	8.2			12:12	0.0	6:57	4:52	
29	Tue	6:46	9.7	7:27	8.2	12:26	0.6	1:14	-0.2	6:56	4:53	
30	Wed	7:48	9.9	8:29	8.5	1:28	0.5	2:14	-0.4	6:55	4:54	
31	Thu	8:48	10.1	9:27	8.8	2:27	0.3	3:12	-0.7	6:54	4:56	