US HARBORS www.USHarbors.com

# 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 | |