

































## Cape Cod Canal, Sagamore, MA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:33	7.9	1:44	8.6	7:49	0.9	8:19	0.0	7:09	4:22	
2	Tue	2:19	8.1	2:34	8.4	8:40	0.7	9:07	0.1	7:09	4:22	
3	Wed	3:09	8.3	3:30	8.2	9:35	0.6	9:58	0.3	7:09	4:23	
4	Thu	4:02	8.6	4:29	7.9	10:33	0.4	10:52	0.4	7:09	4:24	
5	Fri	4:59	8.7	5:32	7.6	11:32	0.2	11:49	0.6	7:09	4:25	
6	Sat	5:59	8.9	6:37	7.5			12:34	0.0	7:09	4:26	
7	Sun	7:00	9.1	7:42	7.5	12:47	0.7	1:35	-0.2	7:09	4:27	
8	Mon	8:00	9.3	8:43	7.6	1:46	0.7	2:34	-0.4	7:09	4:28	
9	Tue	8:58	9.4	9:41	7.7	2:44	0.6	3:30	-0.6	7:08	4:29	
10	Wed	9:53	9.5	10:35	7.9	3:39	0.4	4:23	-0.7	7:08	4:30	
11	Thu	10:46	9.5	11:26	8.0	4:32	0.3	5:13	-0.7	7:08	4:31	
12	Fri	11:36	9.4			5:23	0.3	6:01	-0.6	7:08	4:32	
13	Sat	12:13	8.1	12:23	9.1	6:12	0.3	6:46	-0.5	7:07	4:33	
14	Sun	12:57	8.1	1:08	8.8	7:01	0.5	7:31	-0.2	7:07	4:35	
15	Mon	1:41	8.1	1:54	8.3	7:49	0.6	8:16	0.2	7:06	4:36	
16	Tue	2:25	8.0	2:40	7.9	8:39	0.8	9:01	0.6	7:06	4:37	
17	Wed	3:10	7.9	3:29	7.4	9:29	1.0	9:48	1.0	7:06	4:38	
18	Thu	3:57	7.8	4:21	7.0	10:21	1.1	10:37	1.3	7:05	4:39	
19	Fri	4:46	7.6	5:16	6.7	11:14	1.3	11:27	1.6	7:04	4:40	
20	Sat	5:38	7.6	6:15	6.4			12:09	1.3	7:04	4:42	
21	Sun	6:33	7.6	7:13	6.4	12:20	1.8	1:05	1.3	7:03	4:43	
22	Mon	7:26	7.7	8:07	6.4	1:14	1.9	1:59	1.1	7:02	4:44	
23	Tue	8:16	7.8	8:56	6.6	2:05	1.8	2:49	0.9	7:02	4:45	
24	Wed	9:02	8.1	9:41	6.8	2:54	1.7	3:35	0.7	7:01	4:47	
25	Thu	9:47	8.3	10:23	7.1	3:41	1.5	4:19	0.4	7:00	4:48	
26	Fri	10:29	8.6	11:04	7.4	4:25	1.2	5:01	0.1	6:59	4:49	
27	Sat	11:12	8.8	11:44	7.8	5:09	0.9	5:43	-0.1	6:59	4:50	
28	Sun	11:54	9.0			5:54	0.6	6:24	-0.3	6:58	4:52	
29	Mon	12:25	8.3	12:38	9.0	6:39	0.3	7:07	-0.3	6:57	4:53	
30	Tue	1:08	8.6	1:25	8.9	7:27	0.1	7:52	-0.3	6:56	4:54	
31	Wed	1:53	8.9	2:16	8.6	8:19	0.0	8:40	-0.1	6:55	4:55	