

































Cape Cod Canal, Sagamore, MA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:44	7.1	7:09	7.9	12:34	1.0	12:49	1.2	5:11	8:20	
2	Mon	7:43	6.8	8:01	7.8	1:30	1.0	1:41	1.5	5:11	8:20	
3	Tue	8:38	6.7	8:50	7.8	2:25	1.0	2:33	1.6	5:12	8:20	
4	Wed	9:29	6.6	9:36	7.9	3:16	0.9	3:22	1.7	5:12	8:20	
5	Thu	10:16	6.6	10:19	8.0	4:04	0.8	4:08	1.7	5:13	8:20	
6	Fri	10:59	6.7	11:01	8.1	4:49	0.7	4:53	1.6	5:13	8:19	
7	Sat	11:39	6.8	11:41	8.2	5:32	0.6	5:36	1.6	5:14	8:19	
8	Sun			12:18	7.0	6:13	0.5	6:18	1.4	5:15	8:19	
9	Mon	12:20	8.3	12:56	7.2	6:53	0.3	7:01	1.3	5:15	8:18	
10	Tue	1:00	8.4	1:34	7.4	7:34	0.2	7:44	1.2	5:16	8:18	
11	Wed	1:41	8.5	2:14	7.7	8:15	0.2	8:29	1.0	5:17	8:17	
12	Thu	2:24	8.4	2:57	8.0	8:58	0.2	9:18	0.8	5:18	8:17	
13	Fri	3:11	8.3	3:43	8.2	9:43	0.2	10:10	0.7	5:18	8:16	
14	Sat	4:02	8.1	4:33	8.5	10:31	0.4	11:04	0.5	5:19	8:16	
15	Sun	4:58	7.9	5:26	8.7	11:22	0.5			5:20	8:15	
16	Mon	5:57	7.6	6:23	8.8	12:01	0.3	12:17	0.7	5:21	8:15	
17	Tue	7:01	7.5	7:24	9.0	1:01	0.2	1:14	0.8	5:22	8:14	
18	Wed	8:05	7.4	8:25	9.2	2:02	-0.1	2:13	0.7	5:22	8:13	
19	Thu	9:08	7.5	9:24	9.4	3:02	-0.3	3:12	0.6	5:23	8:12	
20	Fri	10:07	7.7	10:22	9.6	3:59	-0.5	4:09	0.4	5:24	8:12	
21	Sat	11:04	7.9	11:18	9.6	4:54	-0.7	5:04	0.2	5:25	8:11	
22	Sun	11:58	8.1			5:47	-0.8	5:58	0.1	5:26	8:10	
23	Mon	12:11	9.6	12:48	8.3	6:36	-0.8	6:49	0.1	5:27	8:09	
24	Tue	1:01	9.4	1:35	8.4	7:23	-0.7	7:39	0.1	5:28	8:08	
25	Wed	1:49	9.1	2:20	8.4	8:10	-0.4	8:29	0.3	5:29	8:07	
26	Thu	2:36	8.6	3:06	8.3	8:55	-0.1	9:19	0.4	5:30	8:07	
27	Fri	3:24	8.1	3:52	8.2	9:42	0.3	10:10	0.7	5:31	8:06	
28	Sat	4:13	7.6	4:39	8.0	10:29	0.8	11:02	0.9	5:32	8:05	
29	Sun	5:05	7.2	5:29	7.8	11:18	1.2	11:55	1.1	5:33	8:04	
30	Mon	6:00	6.8	6:21	7.7			12:09	1.5	5:34	8:02	
31	Tue	6:58	6.5	7:16	7.6	12:50	1.2	1:02	1.8	5:35	8:01	