



Cape Cod Canal, Sagamore, MA - Jan 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 11:27 | 8.2 | | | 5:24 | 1.6 | 6:00 | 0.5 | 7:09 | 4:21 | ☀ |
| 2 | Sat | 12:03 | 7.0 | 12:05 | 8.3 | 6:05 | 1.5 | 6:40 | 0.4 | 7:09 | 4:22 | ☀ |
| 3 | Sun | 12:40 | 7.1 | 12:44 | 8.3 | 6:47 | 1.4 | 7:21 | 0.4 | 7:09 | 4:23 | ☀ |
| 4 | Mon | 1:19 | 7.3 | 1:25 | 8.2 | 7:31 | 1.4 | 8:03 | 0.4 | 7:09 | 4:24 | ☀ |
| 5 | Tue | 2:01 | 7.5 | 2:10 | 8.1 | 8:18 | 1.3 | 8:47 | 0.5 | 7:09 | 4:25 | ☀ |
| 6 | Wed | 2:45 | 7.7 | 2:59 | 7.9 | 9:09 | 1.2 | 9:33 | 0.6 | 7:09 | 4:26 | ☀ |
| 7 | Thu | 3:33 | 7.9 | 3:53 | 7.7 | 10:02 | 1.0 | 10:23 | 0.8 | 7:09 | 4:27 | ☀ |
| 8 | Fri | 4:24 | 8.2 | 4:52 | 7.5 | 10:58 | 0.8 | 11:15 | 0.9 | 7:09 | 4:28 | ☀ |
| 9 | Sat | 5:19 | 8.4 | 5:54 | 7.3 | 11:57 | 0.5 | | | 7:08 | 4:29 | ☀ |
| 10 | Sun | 6:18 | 8.7 | 6:58 | 7.3 | 12:11 | 1.0 | 12:57 | 0.2 | 7:08 | 4:30 | ☀ |
| 11 | Mon | 7:17 | 9.0 | 8:00 | 7.4 | 1:09 | 0.9 | 1:56 | -0.2 | 7:08 | 4:31 | ☀ |
| 12 | Tue | 8:16 | 9.3 | 9:00 | 7.6 | 2:07 | 0.8 | 2:54 | -0.5 | 7:08 | 4:32 | ☀ |
| 13 | Wed | 9:14 | 9.6 | 9:57 | 7.9 | 3:03 | 0.5 | 3:49 | -0.8 | 7:07 | 4:33 | ☀ |
| 14 | Thu | 10:10 | 9.8 | 10:52 | 8.1 | 3:59 | 0.3 | 4:43 | -1.0 | 7:07 | 4:34 | ☀ |
| 15 | Fri | 11:04 | 9.9 | 11:44 | 8.4 | 4:53 | 0.1 | 5:34 | -1.1 | 7:06 | 4:36 | ☀ |
| 16 | Sat | 11:57 | 9.8 | | | 5:46 | -0.1 | 6:23 | -1.0 | 7:06 | 4:37 | ☀ |
| 17 | Sun | 12:34 | 8.5 | 12:47 | 9.5 | 6:38 | -0.1 | 7:12 | -0.8 | 7:05 | 4:38 | ☀ |
| 18 | Mon | 1:23 | 8.6 | 1:38 | 9.1 | 7:30 | 0.0 | 8:00 | -0.5 | 7:05 | 4:39 | ☀ |
| 19 | Tue | 2:11 | 8.5 | 2:29 | 8.5 | 8:23 | 0.2 | 8:48 | -0.1 | 7:04 | 4:40 | ☀ |
| 20 | Wed | 3:00 | 8.4 | 3:21 | 8.0 | 9:16 | 0.5 | 9:38 | 0.4 | 7:04 | 4:41 | ☀ |
| 21 | Thu | 3:51 | 8.2 | 4:16 | 7.4 | 10:10 | 0.7 | 10:28 | 0.9 | 7:03 | 4:43 | ☀ |
| 22 | Fri | 4:42 | 8.0 | 5:13 | 7.0 | 11:05 | 0.9 | 11:19 | 1.3 | 7:02 | 4:44 | ☀ |
| 23 | Sat | 5:36 | 7.8 | 6:13 | 6.6 | | | 12:02 | 1.1 | 7:02 | 4:45 | ☀ |
| 24 | Sun | 6:31 | 7.7 | 7:13 | 6.5 | 12:13 | 1.7 | 12:59 | 1.2 | 7:01 | 4:46 | ☀ |
| 25 | Mon | 7:25 | 7.7 | 8:09 | 6.4 | 1:07 | 1.8 | 1:54 | 1.1 | 7:00 | 4:48 | ☀ |
| 26 | Tue | 8:16 | 7.7 | 8:59 | 6.5 | 2:00 | 1.9 | 2:45 | 1.0 | 6:59 | 4:49 | ☀ |
| 27 | Wed | 9:03 | 7.9 | 9:43 | 6.6 | 2:49 | 1.8 | 3:32 | 0.9 | 6:59 | 4:50 | ☀ |
| 28 | Thu | 9:46 | 8.0 | 10:24 | 6.8 | 3:35 | 1.7 | 4:15 | 0.7 | 6:58 | 4:51 | ☀ |
| 29 | Fri | 10:26 | 8.2 | 11:01 | 7.0 | 4:19 | 1.5 | 4:56 | 0.5 | 6:57 | 4:53 | ☀ |
| 30 | Sat | 11:05 | 8.3 | 11:37 | 7.3 | 5:01 | 1.3 | 5:35 | 0.4 | 6:56 | 4:54 | ☀ |
| 31 | Sun | 11:43 | 8.4 | | | 5:42 | 1.1 | 6:13 | 0.3 | 6:55 | 4:55 | ☀ |