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# Cohasset Harbor (White Head), MA - Jul 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 12:42 | 9.3 | 1:23 | 8.1 | 7:01 | 0.5 | 7:04 | 1.5 | 5:10 | 8:23 | |
| 2 | Thu | 1:22 | 9.3 | 2:01 | 8.1 | 7:39 | 0.4 | 7:45 | 1.4 | 5:11 | 8:23 | |
| 3 | Fri | 2:01 | 9.2 | 2:39 | 8.3 | 8:17 | 0.4 | 8:27 | 1.4 | 5:11 | 8:23 | |
| 4 | Sat | 2:41 | 9.1 | 3:17 | 8.4 | 8:56 | 0.4 | 9:10 | 1.3 | 5:12 | 8:22 | |
| 5 | Sun | 3:23 | 9.0 | 3:57 | 8.6 | 9:36 | 0.5 | 9:56 | 1.2 | 5:12 | 8:22 | |
| 6 | Mon | 4:08 | 8.8 | 4:39 | 8.8 | 10:19 | 0.6 | 10:45 | 1.1 | 5:13 | 8:22 | |
| 7 | Tue | 4:57 | 8.7 | 5:26 | 9.1 | 11:06 | 0.7 | 11:39 | 0.9 | 5:14 | 8:22 | |
| 8 | Wed | 5:50 | 8.5 | 6:15 | 9.3 | 11:55 | 0.8 | | | 5:14 | 8:21 | |
| 9 | Thu | 6:46 | 8.3 | 7:08 | 9.6 | 12:35 | 0.7 | 12:48 | 0.8 | 5:15 | 8:21 | |
| 10 | Fri | 7:46 | 8.3 | 8:05 | 9.9 | 1:33 | 0.4 | 1:45 | 0.9 | 5:16 | 8:20 | |
| 11 | Sat | 8:48 | 8.3 | 9:05 | 10.2 | 2:34 | 0.1 | 2:44 | 0.8 | 5:17 | 8:20 | |
| 12 | Sun | 9:50 | 8.5 | 10:04 | 10.5 | 3:35 | -0.3 | 3:44 | 0.6 | 5:17 | 8:19 | |
| 13 | Mon | 10:49 | 8.8 | 11:01 | 10.7 | 4:33 | -0.6 | 4:41 | 0.3 | 5:18 | 8:19 | |
| 14 | Tue | 11:47 | 9.0 | 11:58 | 10.8 | 5:29 | -0.9 | 5:38 | 0.1 | 5:19 | 8:18 | |
| 15 | Wed | | | 12:43 | 9.3 | 6:22 | -1.1 | 6:33 | 0.0 | 5:20 | 8:18 | |
| 16 | Thu | 12:54 | 10.7 | 1:37 | 9.4 | 7:15 | -1.1 | 7:28 | -0.1 | 5:21 | 8:17 | |
| 17 | Fri | 1:50 | 10.5 | 2:29 | 9.5 | 8:05 | -0.9 | 8:22 | 0.0 | 5:22 | 8:16 | |
| 18 | Sat | 2:44 | 10.1 | 3:19 | 9.5 | 8:55 | -0.5 | 9:16 | 0.2 | 5:22 | 8:15 | |
| 19 | Sun | 3:37 | 9.6 | 4:10 | 9.4 | 9:44 | 0.0 | 10:11 | 0.5 | 5:23 | 8:15 | |
| 20 | Mon | 4:31 | 9.0 | 5:01 | 9.2 | 10:35 | 0.5 | 11:08 | 0.8 | 5:24 | 8:14 | |
| 21 | Tue | 5:27 | 8.5 | 5:52 | 9.0 | 11:26 | 1.0 | | | 5:25 | 8:13 | |
| 22 | Wed | 6:25 | 8.0 | 6:45 | 8.8 | 12:05 | 1.0 | 12:18 | 1.5 | 5:26 | 8:12 | |
| 23 | Thu | 7:23 | 7.6 | 7:38 | 8.7 | 1:03 | 1.2 | 1:11 | 1.8 | 5:27 | 8:11 | |
| 24 | Fri | 8:22 | 7.4 | 8:32 | 8.6 | 2:01 | 1.3 | 2:05 | 2.0 | 5:28 | 8:10 | |
| 25 | Sat | 9:19 | 7.4 | 9:25 | 8.7 | 2:59 | 1.3 | 2:58 | 2.0 | 5:29 | 8:10 | |
| 26 | Sun | 10:10 | 7.5 | 10:13 | 8.9 | 3:51 | 1.1 | 3:48 | 1.9 | 5:30 | 8:09 | |
| 27 | Mon | 10:55 | 7.7 | 10:57 | 9.1 | 4:37 | 0.9 | 4:34 | 1.7 | 5:31 | 8:08 | |
| 28 | Tue | 11:37 | 7.9 | 11:38 | 9.2 | 5:17 | 0.7 | 5:17 | 1.5 | 5:32 | 8:07 | |
| 29 | Wed | | | 12:16 | 8.1 | 5:56 | 0.5 | 5:58 | 1.3 | 5:33 | 8:06 | |
| 30 | Thu | 12:17 | 9.3 | 12:53 | 8.3 | 6:33 | 0.4 | 6:39 | 1.1 | 5:34 | 8:04 | |
| 31 | Fri | 12:57 | 9.4 | 1:30 | 8.5 | 7:10 | 0.2 | 7:20 | 0.9 | 5:35 | 8:03 | |