

Harwich Port, MA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:45	3.4	8:08	3.7	1:06	0.6	1:19	0.7	5:09	8:18	
2	Mon	8:42	3.2	8:59	3.7	2:02	0.6	2:10	0.8	5:10	8:18	
3	Tue	9:39	3.2	9:49	3.7	2:58	0.6	3:02	0.8	5:10	8:18	
4	Wed	10:32	3.2	10:37	3.8	3:52	0.5	3:51	0.8	5:11	8:18	
5	Thu	11:19	3.2	11:22	3.8	4:39	0.4	4:38	0.8	5:11	8:17	
6	Fri			12:03	3.3	5:23	0.3	5:22	0.7	5:12	8:17	
7	Sat	12:04	3.9	12:45	3.4	6:04	0.3	6:04	0.6	5:13	8:17	
8	Sun	12:44	4.0	1:25	3.4	6:43	0.2	6:46	0.6	5:13	8:16	
9	Mon	1:25	4.0	2:04	3.5	7:22	0.1	7:28	0.5	5:14	8:16	
10	Tue	2:05	4.0	2:43	3.6	8:01	0.1	8:10	0.4	5:15	8:16	
11	Wed	2:46	4.0	3:21	3.7	8:40	0.0	8:54	0.4	5:15	8:15	
12	Thu	3:28	4.0	4:01	3.8	9:21	0.0	9:39	0.3	5:16	8:15	
13	Fri	4:13	3.9	4:44	3.9	10:04	0.1	10:28	0.3	5:17	8:14	
14	Sat	5:01	3.9	5:31	4.0	10:50	0.1	11:22	0.2	5:18	8:14	
15	Sun	5:54	3.7	6:21	4.1	11:40	0.2			5:18	8:13	
16	Mon	6:51	3.6	7:16	4.1	12:19	0.2	12:34	0.3	5:19	8:12	
17	Tue	7:52	3.6	8:13	4.2	1:18	0.1	1:31	0.3	5:20	8:12	
18	Wed	8:55	3.5	9:14	4.3	2:20	0.1	2:31	0.3	5:21	8:11	
19	Thu	10:00	3.6	10:16	4.3	3:22	0.0	3:32	0.3	5:22	8:10	
20	Fri	11:02	3.6	11:15	4.4	4:23	-0.2	4:32	0.2	5:23	8:10	
21	Sat			12:00	3.8	5:20	-0.3	5:29	0.1	5:24	8:09	
22	Sun	12:12	4.5	12:55	3.8	6:14	-0.3	6:23	0.1	5:25	8:08	
23	Mon	1:06	4.4	1:47	3.9	7:05	-0.3	7:16	0.0	5:25	8:07	
24	Tue	1:59	4.4	2:37	4.0	7:53	-0.3	8:08	0.1	5:26	8:06	
25	Wed	2:50	4.2	3:24	3.9	8:40	-0.2	8:57	0.1	5:27	8:05	
26	Thu	3:39	4.1	4:09	3.9	9:25	0.0	9:47	0.2	5:28	8:04	
27	Fri	4:27	3.8	4:55	3.8	10:10	0.2	10:38	0.4	5:29	8:03	
28	Sat	5:17	3.6	5:42	3.8	10:57	0.4	11:31	0.5	5:30	8:02	
29	Sun	6:10	3.4	6:31	3.7	11:46	0.6			5:31	8:01	
30	Mon	7:04	3.2	7:22	3.6	12:25	0.6	12:36	0.8	5:32	8:00	
31	Tue	8:00	3.1	8:15	3.6	1:21	0.6	1:28	0.9	5:33	7:59	