

































Lynn Harbor, MA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:42	9.4	1:52	10.5	7:42	-0.1	8:12	-0.8	7:13	4:21	
2	Tue	2:23	9.6	2:37	10.2	8:28	-0.1	8:56	-0.6	7:13	4:22	
3	Wed	3:08	9.7	3:27	9.8	9:19	0.0	9:43	-0.2	7:13	4:23	
4	Thu	3:57	9.7	4:23	9.2	10:15	0.1	10:37	0.2	7:13	4:24	
5	Fri	4:53	9.7	5:27	8.7	11:18	0.3	11:36	0.6	7:13	4:25	
6	Sat	5:55	9.7	6:36	8.4			12:26	0.3	7:13	4:26	
7	Sun	7:02	9.8	7:48	8.3	12:41	0.8	1:35	0.1	7:13	4:27	
8	Mon	8:10	10.1	8:57	8.6	1:47	0.7	2:42	-0.3	7:12	4:28	
9	Tue	9:14	10.5	9:58	9.0	2:51	0.4	3:44	-0.7	7:12	4:29	
10	Wed	10:12	10.9	10:51	9.4	3:50	0.0	4:38	-1.1	7:12	4:30	
11	Thu	11:04	11.1	11:40	9.6	4:44	-0.3	5:27	-1.3	7:12	4:31	
12	Fri	11:51	11.1			5:33	-0.5	6:13	-1.3	7:11	4:32	
13	Sat	12:25	9.7	12:36	10.9	6:20	-0.5	6:56	-1.1	7:11	4:33	
14	Sun	1:09	9.7	1:20	10.4	7:06	-0.3	7:38	-0.7	7:11	4:34	
15	Mon	1:51	9.5	2:03	9.9	7:51	0.1	8:20	-0.2	7:10	4:35	
16	Tue	2:32	9.2	2:47	9.2	8:36	0.5	9:02	0.5	7:10	4:37	
17	Wed	3:15	8.8	3:33	8.5	9:23	1.0	9:45	1.1	7:09	4:38	
18	Thu	4:00	8.4	4:24	7.9	10:12	1.5	10:33	1.7	7:08	4:39	
19	Fri	4:49	8.0	5:21	7.3	11:08	1.9	11:26	2.2	7:08	4:40	
20	Sat	5:45	7.8	6:25	7.0			12:10	2.1	7:07	4:41	
21	Sun	6:45	7.8	7:31	7.0	12:24	2.4	1:15	2.0	7:07	4:43	
22	Mon	7:45	8.1	8:32	7.2	1:23	2.4	2:17	1.7	7:06	4:44	
23	Tue	8:39	8.6	9:23	7.6	2:19	2.1	3:09	1.2	7:05	4:45	
24	Wed	9:27	9.2	10:06	8.0	3:08	1.7	3:53	0.6	7:04	4:47	
25	Thu	10:09	9.8	10:45	8.5	3:52	1.1	4:31	0.0	7:04	4:48	
26	Fri	10:49	10.3	11:21	9.1	4:33	0.5	5:08	-0.6	7:03	4:49	
27	Sat	11:27	10.8	11:57	9.5	5:13	-0.1	5:46	-1.0	7:02	4:50	
28	Sun			12:07	11.0	5:54	-0.5	6:24	-1.2	7:01	4:52	
29	Mon	12:34	9.9	12:48	11.0	6:36	-0.9	7:03	-1.3	7:00	4:53	
30	Tue	1:14	10.2	1:31	10.8	7:21	-1.0	7:45	-1.1	6:59	4:54	
31	Wed	1:55	10.3	2:18	10.3	8:08	-1.0	8:30	-0.7	6:58	4:56	