

































## Lynn Harbor, MA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:57	8.2	7:20	8.9	12:46	1.4	1:01	1.6	5:10	8:24	
2	Mon	7:54	7.9	8:10	8.9	1:43	1.5	1:53	1.9	5:10	8:24	
3	Tue	8:50	7.8	9:00	8.9	2:39	1.4	2:43	2.1	5:11	8:24	
4	Wed	9:43	7.8	9:47	9.1	3:31	1.3	3:32	2.1	5:12	8:24	
5	Thu	10:31	7.9	10:32	9.3	4:19	1.1	4:17	1.9	5:12	8:24	
6	Fri	11:15	8.1	11:14	9.6	5:02	0.8	5:00	1.8	5:13	8:23	
7	Sat	11:56	8.2	11:54	9.8	5:42	0.6	5:40	1.5	5:13	8:23	
8	Sun			12:35	8.4	6:20	0.3	6:21	1.3	5:14	8:23	
9	Mon	12:34	10.0	1:13	8.6	6:57	0.2	7:01	1.1	5:15	8:22	
10	Tue	1:13	10.1	1:51	8.8	7:35	0.0	7:44	0.9	5:16	8:22	
11	Wed	1:54	10.1	2:30	9.1	8:15	-0.1	8:28	0.7	5:16	8:21	
12	Thu	2:37	10.0	3:11	9.4	8:55	-0.1	9:14	0.5	5:17	8:21	
13	Fri	3:23	9.9	3:53	9.7	9:38	-0.1	10:03	0.4	5:18	8:20	
14	Sat	4:11	9.7	4:40	9.9	10:24	0.1	10:56	0.2	5:19	8:20	
15	Sun	5:04	9.4	5:30	10.2	11:13	0.2	11:53	0.1	5:19	8:19	
16	Mon	6:01	9.1	6:25	10.3			12:08	0.4	5:20	8:18	
17	Tue	7:03	8.9	7:24	10.5	12:54	0.0	1:06	0.6	5:21	8:18	
18	Wed	8:06	8.8	8:25	10.7	1:57	-0.1	2:06	0.6	5:22	8:17	
19	Thu	9:11	8.9	9:27	10.9	2:59	-0.3	3:08	0.5	5:23	8:16	
20	Fri	10:13	9.1	10:27	11.1	4:01	-0.6	4:08	0.3	5:24	8:15	
21	Sat	11:12	9.4	11:24	11.2	4:58	-0.9	5:06	0.1	5:25	8:15	
22	Sun			12:06	9.6	5:52	-1.0	6:01	-0.1	5:26	8:14	
23	Mon	12:18	11.1	12:57	9.8	6:42	-1.0	6:54	-0.1	5:27	8:13	
24	Tue	1:10	10.9	1:47	9.8	7:31	-0.8	7:45	0.1	5:28	8:12	
25	Wed	2:00	10.4	2:35	9.8	8:18	-0.5	8:36	0.3	5:29	8:11	
26	Thu	2:50	9.9	3:22	9.6	9:05	0.0	9:27	0.6	5:30	8:10	
27	Fri	3:39	9.4	4:08	9.3	9:51	0.5	10:18	1.0	5:31	8:09	
28	Sat	4:30	8.8	4:55	9.1	10:38	1.1	11:10	1.3	5:31	8:08	
29	Sun	5:22	8.3	5:44	8.8	11:26	1.6			5:32	8:07	
30	Mon	6:17	7.9	6:35	8.6	12:04	1.5	12:17	2.0	5:33	8:06	
31	Tue	7:14	7.6	7:28	8.6	1:01	1.7	1:10	2.2	5:35	8:05	