

































Lynn Harbor, MA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:42	9.0	7:17	8.1	12:16	1.0	1:04	0.9	7:13	4:21	
2	Mon	7:45	9.0	8:25	8.0	1:19	1.3	2:12	0.8	7:13	4:22	
3	Tue	8:44	9.2	9:24	8.1	2:19	1.4	3:12	0.6	7:13	4:23	
4	Wed	9:36	9.4	10:13	8.3	3:14	1.3	4:03	0.3	7:13	4:24	
5	Thu	10:20	9.6	10:55	8.5	4:01	1.1	4:46	0.1	7:13	4:25	
6	Fri	11:00	9.8	11:33	8.6	4:42	1.0	5:24	-0.1	7:13	4:26	
7	Sat	11:36	10.0			5:20	0.8	5:59	-0.2	7:12	4:27	
8	Sun	12:08	8.6	12:11	10.0	5:56	0.7	6:34	-0.2	7:12	4:28	
9	Mon	12:43	8.6	12:46	10.0	6:32	0.7	7:08	-0.1	7:12	4:29	
10	Tue	1:17	8.6	1:22	9.8	7:09	0.8	7:42	0.1	7:12	4:30	
11	Wed	1:52	8.6	1:58	9.5	7:46	0.8	8:17	0.3	7:12	4:31	
12	Thu	2:27	8.5	2:35	9.2	8:25	1.0	8:53	0.5	7:11	4:32	
13	Fri	3:04	8.5	3:16	8.8	9:07	1.1	9:32	0.8	7:11	4:33	
14	Sat	3:44	8.5	4:02	8.4	9:53	1.2	10:16	1.1	7:10	4:34	
15	Sun	4:30	8.5	4:55	8.1	10:46	1.3	11:08	1.3	7:10	4:35	
16	Mon	5:23	8.6	5:58	7.8	11:47	1.2			7:09	4:37	
17	Tue	6:22	8.9	7:05	7.8	12:06	1.4	12:53	0.9	7:09	4:38	
18	Wed	7:25	9.3	8:12	8.1	1:09	1.3	1:58	0.4	7:08	4:39	
19	Thu	8:28	10.0	9:15	8.6	2:11	0.9	3:00	-0.3	7:08	4:40	
20	Fri	9:28	10.7	10:12	9.2	3:11	0.4	3:58	-1.0	7:07	4:41	
21	Sat	10:23	11.4	11:05	9.7	4:07	-0.3	4:50	-1.6	7:06	4:43	
22	Sun	11:16	11.8	11:54	10.1	5:00	-0.8	5:40	-2.0	7:06	4:44	
23	Mon			12:07	11.9	5:51	-1.2	6:29	-2.1	7:05	4:45	
24	Tue	12:43	10.4	12:57	11.7	6:43	-1.3	7:18	-1.9	7:04	4:46	
25	Wed	1:32	10.4	1:48	11.2	7:34	-1.1	8:06	-1.4	7:03	4:48	
26	Thu	2:21	10.2	2:40	10.4	8:27	-0.8	8:55	-0.7	7:03	4:49	
27	Fri	3:11	9.9	3:35	9.5	9:22	-0.2	9:46	0.1	7:02	4:50	
28	Sat	4:05	9.4	4:34	8.7	10:21	0.4	10:42	0.9	7:01	4:52	
29	Sun	5:03	8.9	5:39	8.0	11:25	0.9	11:43	1.5	7:00	4:53	
30	Mon	6:07	8.6	6:51	7.6			12:36	1.2	6:59	4:54	
31	Tue	7:14	8.5	8:02	7.5	12:48	1.9	1:48	1.2	6:58	4:55	