

































Lynn Harbor, MA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:05	8.7	3:16	9.1	9:04	1.0	9:36	0.6	7:13	4:21	
2	Fri	3:51	8.4	4:05	8.4	9:54	1.5	10:23	1.2	7:13	4:22	
3	Sat	4:40	8.1	5:00	7.8	10:49	1.8	11:14	1.8	7:13	4:23	
4	Sun	5:32	7.9	6:00	7.4	11:48	2.1			7:13	4:24	
5	Mon	6:27	7.8	7:04	7.2	12:08	2.1	12:50	2.1	7:13	4:25	
6	Tue	7:24	8.0	8:06	7.2	1:04	2.3	1:52	1.9	7:13	4:26	
7	Wed	8:18	8.3	9:03	7.4	1:59	2.3	2:48	1.5	7:12	4:27	
8	Thu	9:08	8.7	9:50	7.7	2:50	2.0	3:36	1.0	7:12	4:28	
9	Fri	9:52	9.3	10:32	8.1	3:35	1.6	4:18	0.5	7:12	4:29	
10	Sat	10:33	9.8	11:10	8.4	4:16	1.2	4:56	-0.1	7:12	4:30	
11	Sun	11:11	10.3	11:47	8.8	4:56	0.7	5:34	-0.5	7:11	4:31	
12	Mon	11:50	10.7			5:36	0.3	6:12	-0.9	7:11	4:32	
13	Tue	12:24	9.1	12:29	10.9	6:16	-0.1	6:51	-1.1	7:11	4:33	
14	Wed	1:02	9.4	1:11	10.9	6:59	-0.3	7:31	-1.1	7:10	4:34	
15	Thu	1:42	9.6	1:55	10.7	7:44	-0.4	8:14	-1.0	7:10	4:36	
16	Fri	2:25	9.8	2:42	10.3	8:33	-0.4	8:59	-0.6	7:09	4:37	
17	Sat	3:11	9.8	3:34	9.7	9:25	-0.3	9:48	-0.2	7:09	4:38	
18	Sun	4:02	9.8	4:32	9.0	10:23	0.0	10:43	0.3	7:08	4:39	
19	Mon	5:00	9.6	5:38	8.4	11:28	0.2	11:45	0.8	7:08	4:40	
20	Tue	6:05	9.6	6:50	8.1			12:37	0.3	7:07	4:42	
21	Wed	7:14	9.6	8:03	8.1	12:51	1.0	1:48	0.2	7:06	4:43	
22	Thu	8:23	9.9	9:11	8.4	1:58	0.9	2:56	-0.1	7:06	4:44	
23	Fri	9:27	10.3	10:10	8.8	3:03	0.6	3:56	-0.5	7:05	4:45	
24	Sat	10:22	10.6	11:00	9.2	4:00	0.2	4:48	-0.9	7:04	4:47	
25	Sun	11:11	10.8	11:46	9.4	4:52	-0.1	5:34	-1.1	7:03	4:48	
26	Mon	11:56	10.8			5:39	-0.3	6:16	-1.0	7:02	4:49	
27	Tue	12:28	9.5	12:38	10.5	6:23	-0.3	6:57	-0.8	7:02	4:50	
28	Wed	1:08	9.5	1:19	10.1	7:06	-0.1	7:36	-0.4	7:01	4:52	
29	Thu	1:47	9.3	2:00	9.6	7:48	0.3	8:15	0.1	7:00	4:53	
30	Fri	2:26	9.0	2:42	9.0	8:31	0.7	8:54	0.7	6:59	4:54	
31	Sat	3:06	8.6	3:26	8.4	9:15	1.1	9:36	1.3	6:58	4:56	