

Quincy, (Nut Island), MA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:38	10.5	4:06	10.9	9:53	-0.5	10:25	-0.3	5:36	8:03	
2	Mon	4:34	10.1	5:01	10.9	10:46	-0.2	11:23	-0.2	5:37	8:02	
3	Tue	5:33	9.7	5:59	10.8	11:42	0.1			5:38	8:00	
4	Wed	6:35	9.4	6:59	10.7	12:24	-0.1	12:41	0.4	5:39	7:59	
5	Thu	7:39	9.2	8:01	10.6	1:26	0.0	1:42	0.6	5:40	7:58	
6	Fri	8:44	9.2	9:03	10.7	2:29	0.0	2:44	0.6	5:41	7:57	
7	Sat	9:46	9.4	10:02	10.7	3:30	-0.1	3:43	0.5	5:43	7:55	
8	Sun	10:42	9.6	10:55	10.8	4:26	-0.2	4:38	0.4	5:44	7:54	
9	Mon	11:31	9.7	11:44	10.8	5:17	-0.4	5:29	0.3	5:45	7:53	
10	Tue			12:17	9.9	6:03	-0.4	6:16	0.2	5:46	7:51	
11	Wed	12:29	10.7	1:01	9.9	6:47	-0.3	7:02	0.3	5:47	7:50	
12	Thu	1:14	10.5	1:42	9.9	7:28	-0.1	7:46	0.4	5:48	7:49	
13	Fri	1:57	10.2	2:23	9.8	8:09	0.2	8:30	0.5	5:49	7:47	
14	Sat	2:40	9.8	3:04	9.7	8:50	0.5	9:14	0.8	5:50	7:46	
15	Sun	3:24	9.4	3:47	9.5	9:32	0.9	10:00	1.0	5:51	7:44	
16	Mon	4:11	9.0	4:32	9.3	10:16	1.2	10:49	1.3	5:52	7:43	
17	Tue	5:00	8.6	5:20	9.2	11:03	1.6	11:41	1.5	5:53	7:41	
18	Wed	5:52	8.3	6:11	9.1	11:53	1.8			5:54	7:40	
19	Thu	6:46	8.1	7:03	9.1	12:34	1.6	12:45	1.9	5:55	7:38	
20	Fri	7:40	8.1	7:56	9.2	1:28	1.6	1:38	1.9	5:56	7:37	
21	Sat	8:34	8.3	8:49	9.5	2:21	1.4	2:32	1.7	5:57	7:35	
22	Sun	9:26	8.6	9:39	9.9	3:13	1.0	3:24	1.3	5:58	7:34	
23	Mon	10:14	9.1	10:27	10.4	4:02	0.5	4:14	0.8	5:59	7:32	
24	Tue	10:59	9.7	11:13	10.8	4:48	0.0	5:02	0.2	6:00	7:31	
25	Wed	11:43	10.2			5:33	-0.5	5:49	-0.3	6:02	7:29	
26	Thu	12:00	11.1	12:27	10.7	6:18	-0.8	6:38	-0.8	6:03	7:27	
27	Fri	12:48	11.3	1:14	11.1	7:04	-1.0	7:27	-1.1	6:04	7:26	
28	Sat	1:37	11.2	2:01	11.4	7:51	-1.0	8:18	-1.1	6:05	7:24	
29	Sun	2:28	11.0	2:51	11.4	8:40	-0.8	9:11	-1.0	6:06	7:22	
30	Mon	3:21	10.6	3:44	11.3	9:31	-0.5	10:06	-0.7	6:07	7:21	
31	Tue	4:18	10.1	4:41	11.0	10:26	-0.1	11:05	-0.3	6:08	7:19	