US HARBORS www.USHarbors.com

Quincy, (Nut Island), MA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**1:45**	9.3	**1:55**	10.2	**7:48**	0.6	**8:17**	-0.3	7:12	4:22	
2	Tue	**2:29**	9.5	**2:43**	10.0	**8:36**	0.4	**9:03**	-0.2	7:12	4:22	
3	Wed	**3:16**	9.7	**3:37**	9.7	**9:30**	0.4	**9:53**	0.0	7:12	4:23	
4	Thu	**4:08**	10.0	**4:34**	9.3	**10:28**	0.3	**10:47**	0.3	7:12	4:24	
5	Fri	**5:03**	10.2	**5:36**	9.0	**11:28**	0.2	**11:44**	0.5	7:12	4:25	
6	Sat	**6:00**	10.3	**6:39**	8.9			**12:31**	0.0	7:12	4:26	
7	Sun	**7:01**	10.5	**7:45**	8.9	**12:43**	0.6	**1:34**	-0.2	7:12	4:27	
8	Mon	**8:03**	10.7	**8:49**	9.0	**1:45**	0.6	**2:36**	-0.5	7:12	4:28	
9	Tue	**9:03**	10.9	**9:47**	9.3	**2:45**	0.4	**3:35**	-0.7	7:12	4:29	
10	Wed	**9:59**	11.0	**10:41**	9.5	**3:42**	0.2	**4:29**	-0.9	7:11	4:30	
11	Thu	**10:52**	11.1	**11:33**	9.6	**4:36**	0.1	**5:19**	-1.0	7:11	4:31	
12	Fri	**11:43**	11.0			**5:28**	0.0	**6:08**	-0.9	7:11	4:33	
13	Sat	**12:21**	9.7	**12:32**	10.7	**6:17**	0.1	**6:54**	-0.7	7:10	4:34	
14	Sun	**1:08**	9.6	**1:19**	10.4	**7:06**	0.3	**7:38**	-0.4	7:10	4:35	
15	Mon	**1:53**	9.5	**2:05**	9.9	**7:53**	0.5	**8:22**	0.1	7:10	4:36	
16	Tue	**2:37**	9.3	**2:53**	9.3	**8:41**	0.8	**9:06**	0.6	7:09	4:37	
17	Wed	**3:23**	9.2	**3:43**	8.8	**9:31**	1.0	**9:52**	1.1	7:09	4:38	
18	Thu	**4:10**	9.0	**4:36**	8.3	**10:24**	1.3	**10:41**	1.5	7:08	4:40	
19	Fri	**4:59**	8.9	**5:32**	7.9	**11:20**	1.5	**11:31**	1.9	7:07	4:41	
20	Sat	**5:51**	8.8	**6:29**	7.6			**12:16**	1.5	7:07	4:42	
21	Sun	**6:44**	8.8	**7:28**	7.6	**12:24**	2.1	**1:13**	1.5	7:06	4:43	
22	Mon	**7:39**	8.9	**8:24**	7.7	**1:18**	2.1	**2:08**	1.3	7:05	4:44	
23	Tue	**8:31**	9.1	**9:13**	7.9	**2:11**	1.9	**2:59**	1.0	7:05	4:46	
24	Wed	**9:18**	9.5	**9:57**	8.3	**3:01**	1.6	**3:44**	0.6	7:04	4:47	
25	Thu	**10:01**	9.9	**10:38**	8.6	**3:47**	1.3	**4:25**	0.2	7:03	4:48	
26	Fri	**10:43**	10.2	**11:17**	9.0	**4:30**	0.9	**5:05**	-0.2	7:02	4:50	
27	Sat	**11:24**	10.5	**11:56**	9.4	**5:13**	0.5	**5:46**	-0.5	7:01	4:51	
28	Sun			**12:06**	10.7	**5:56**	0.1	**6:26**	-0.7	7:01	4:52	
29	Mon	**12:36**	9.8	**12:50**	10.7	**6:41**	-0.2	**7:08**	-0.8	7:00	4:53	
30	Tue	**1:18**	10.1	**1:36**	10.5	**7:28**	-0.4	**7:51**	-0.7	6:59	4:55	
31	Wed	**2:02**	10.3	**2:25**	10.2	**8:17**	-0.4	**8:37**	-0.4	6:58	4:56	