

































## 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	