US HARBORS www.USHarbors.com

Quincy, (Nut Island), MA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**6:55**	8.6	**7:18**	9.4	**12:43**	1.4	**12:57**	1.6	5:10	8:24	
2	Mon	**7:52**	8.3	**8:09**	9.4	**1:40**	1.4	**1:48**	1.9	5:11	8:24	
3	Tue	**8:49**	8.1	**8:59**	9.4	**2:36**	1.3	**2:39**	2.0	5:12	8:23	
4	Wed	**9:43**	8.1	**9:48**	9.6	**3:29**	1.2	**3:29**	2.0	5:12	8:23	
5	Thu	**10:31**	8.2	**10:33**	9.7	**4:18**	1.0	**4:16**	1.9	5:13	8:23	
6	Fri	**11:14**	8.3	**11:15**	9.8	**5:01**	0.9	**5:00**	1.8	5:13	8:23	
7	Sat	**11:55**	8.5	**11:56**	10.0	**5:41**	0.7	**5:42**	1.6	5:14	8:22	
8	Sun			**12:34**	8.6	**6:21**	0.6	**6:24**	1.5	5:15	8:22	
9	Mon	**12:35**	10.1	**1:13**	8.8	**6:59**	0.4	**7:05**	1.3	5:15	8:22	
10	Tue	**1:15**	10.1	**1:51**	9.0	**7:38**	0.3	**7:47**	1.1	5:16	8:21	
11	Wed	**1:56**	10.2	**2:30**	9.2	**8:17**	0.1	**8:31**	1.0	5:17	8:21	
12	Thu	**2:38**	10.1	**3:10**	9.5	**8:58**	0.1	**9:16**	0.8	5:18	8:20	
13	Fri	**3:23**	10.0	**3:53**	9.8	**9:41**	0.1	**10:06**	0.6	5:18	8:20	
14	Sat	**4:12**	9.8	**4:40**	10.1	**10:27**	0.2	**10:59**	0.5	5:19	8:19	
15	Sun	**5:05**	9.6	**5:32**	10.4	**11:17**	0.4	**11:57**	0.3	5:20	8:18	
16	Mon	**6:03**	9.3	**6:26**	10.6			**12:11**	0.6	5:21	8:18	
17	Tue	**7:03**	9.1	**7:24**	10.8	**12:56**	0.2	**1:08**	0.7	5:22	8:17	
18	Wed	**8:06**	9.0	**8:25**	10.9	**1:57**	0.0	**2:08**	0.7	5:23	8:16	
19	Thu	**9:10**	9.1	**9:27**	11.1	**3:00**	-0.2	**3:09**	0.6	5:23	8:16	
20	Fri	**10:12**	9.4	**10:26**	11.3	**4:01**	-0.5	**4:09**	0.4	5:24	8:15	
21	Sat	**11:09**	9.6	**11:23**	11.4	**4:58**	-0.7	**5:06**	0.2	5:25	8:14	
22	Sun			**12:04**	9.9	**5:51**	-0.9	**6:01**	0.1	5:26	8:13	
23	Mon	**12:16**	11.3	**12:56**	10.0	**6:42**	-0.9	**6:54**	0.1	5:27	8:12	
24	Tue	**1:08**	11.1	**1:46**	10.1	**7:31**	-0.7	**7:45**	0.2	5:28	8:11	
25	Wed	**1:59**	10.8	**2:34**	10.0	**8:18**	-0.5	**8:35**	0.4	5:29	8:11	
26	Thu	**2:48**	10.3	**3:20**	9.9	**9:03**	-0.1	**9:24**	0.6	5:30	8:10	
27	Fri	**3:37**	9.8	**4:06**	9.7	**9:48**	0.5	**10:15**	0.9	5:31	8:09	
28	Sat	**4:27**	9.2	**4:53**	9.5	**10:35**	1.0	**11:08**	1.2	5:32	8:08	
29	Sun	**5:20**	8.7	**5:42**	9.3	**11:24**	1.5			5:33	8:07	
30	Mon	**6:15**	8.3	**6:33**	9.2	**12:03**	1.4	**12:14**	1.9	5:34	8:05	
31	Tue	**7:12**	8.0	**7:26**	9.1	**12:58**	1.5	**1:06**	2.2	5:35	8:04	