

































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	