US HARBORS www.USHarbors.com

Quincy, (Nut Island), MA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:03	11.0	8:46	9.4	1:47	0.2	2:33	-0.7	7:12	4:22	
2	Wed	9:02	11.2	9:44	9.7	2:46	0.0	3:31	-1.1	7:12	4:23	
3	Thu	9:58	11.4	10:39	9.9	3:43	-0.2	4:26	-1.3	7:12	4:24	
4	Fri	10:52	11.5	11:31	10.1	4:37	-0.4	5:17	-1.4	7:12	4:25	
5	Sat	11:43	11.4			5:30	-0.4	6:07	-1.3	7:12	4:25	
6	Sun	12:22	10.1	12:34	11.1	6:21	-0.3	6:55	-1.1	7:12	4:26	
7	Mon	1:11	10.0	1:23	10.7	7:11	-0.1	7:41	-0.7	7:12	4:27	
8	Tue	1:58	9.8	2:12	10.1	8:00	0.2	8:27	-0.2	7:12	4:28	
9	Wed	2:45	9.6	3:01	9.5	8:50	0.6	9:14	0.4	7:11	4:30	
10	Thu	3:34	9.3	3:54	9.0	9:43	0.9	10:03	0.9	7:11	4:31	
11	Fri	4:23	9.1	4:49	8.5	10:37	1.2	10:53	1.3	7:11	4:32	
12	Sat	5:15	9.0	5:45	8.1	11:34	1.3	11:45	1.7	7:11	4:33	
13	Sun	6:07	8.9	6:42	7.9			12:31	1.4	7:10	4:34	
14	Mon	7:01	9.0	7:40	7.8	12:38	1.8	1:28	1.3	7:10	4:35	
15	Tue	7:54	9.1	8:34	8.0	1:31	1.8	2:22	1.1	7:09	4:36	
16	Wed	8:44	9.3	9:22	8.2	2:23	1.7	3:10	0.8	7:09	4:37	
17	Thu	9:29	9.6	10:05	8.5	3:11	1.4	3:53	0.5	7:08	4:39	
18	Fri	10:11	9.9	10:44	8.8	3:55	1.1	4:33	0.2	7:08	4:40	
19	Sat	10:50	10.1	11:23	9.1	4:37	0.8	5:12	-0.1	7:07	4:41	
20	Sun	11:30	10.3			5:19	0.5	5:51	-0.4	7:07	4:42	
21	Mon	12:01	9.4	12:10	10.5	6:01	0.2	6:31	-0.6	7:06	4:43	
22	Tue	12:41	9.7	12:53	10.5	6:45	0.0	7:12	-0.7	7:05	4:45	
23	Wed	1:22	10.0	1:37	10.4	7:30	-0.2	7:55	-0.6	7:04	4:46	
24	Thu	2:05	10.2	2:25	10.1	8:18	-0.3	8:41	-0.4	7:04	4:47	
25	Fri	2:52	10.3	3:17	9.7	9:10	-0.2	9:31	-0.1	7:03	4:49	
26	Sat	3:44	10.4	4:15	9.3	10:07	-0.1	10:26	0.2	7:02	4:50	
27	Sun	4:40	10.4	5:17	9.0	11:08	0.0	11:25	0.5	7:01	4:51	
28	Mon	5:41	10.3	6:22	8.8			12:11	0.0	7:00	4:52	
29	Tue	6:45	10.3	7:29	8.8	12:27	0.6	1:16	-0.1	6:59	4:54	
30	Wed	7:50	10.5	8:35	9.0	1:31	0.5	2:20	-0.3	6:58	4:55	
31	Thu	8:52	10.7	9:34	9.4	2:33	0.3	3:19	-0.6	6:57	4:56	