

































Penikese Island, MA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:56	4.0	5:20	3.4	11:26	-0.3	11:00	-0.5	7:09	4:24	
2	Wed	5:53	4.3	6:15	3.7			12:17	-0.5	7:09	4:25	
3	Thu	6:45	4.4	7:06	3.8			1:04	-0.6	7:09	4:26	
4	Fri	7:35	4.4	7:55	3.9	12:44	-0.7	1:48	-0.6	7:09	4:27	
5	Sat	8:24	4.3	8:44	3.9	1:33	-0.6	2:27	-0.5	7:09	4:28	
6	Sun	9:12	4.0	9:32	3.8	2:19	-0.5	3:03	-0.4	7:09	4:29	
7	Mon	9:59	3.7	10:21	3.6	3:03	-0.4	3:37	-0.2	7:09	4:30	
8	Tue	10:47	3.4	11:09	3.4	3:47	-0.1	4:10	-0.1	7:09	4:31	
9	Wed	11:34	3.1	11:58	3.1	4:34	0.1	4:47	0.1	7:09	4:32	
10	Thu			12:22	2.7	5:27	0.4	5:28	0.3	7:09	4:33	
11	Fri	12:47	2.9	1:11	2.5	6:38	0.5	6:19	0.4	7:08	4:34	
12	Sat	1:40	2.8	2:03	2.3	8:01	0.6	7:20	0.5	7:08	4:35	
13	Sun	2:37	2.7	2:59	2.3	9:07	0.6	8:25	0.4	7:08	4:36	
14	Mon	3:37	2.7	3:55	2.4	9:59	0.5	9:24	0.3	7:07	4:37	
15	Tue	4:33	2.8	4:47	2.6	10:45	0.4	10:16	0.2	7:07	4:38	
16	Wed	5:21	2.9	5:33	2.8	11:29	0.2	11:04	0.0	7:06	4:40	
17	Thu	6:02	3.1	6:15	3.0			12:11	0.0	7:06	4:41	
18	Fri	6:41	3.3	6:56	3.2			12:50	-0.1	7:05	4:42	
19	Sat	7:18	3.5	7:36	3.3	12:31	-0.3	1:27	-0.2	7:05	4:43	
20	Sun	7:57	3.6	8:18	3.5	1:11	-0.4	2:01	-0.3	7:04	4:44	
21	Mon	8:38	3.6	9:01	3.5	1:50	-0.5	2:31	-0.3	7:04	4:46	
22	Tue	9:21	3.6	9:47	3.6	2:30	-0.5	3:02	-0.3	7:03	4:47	
23	Wed	10:08	3.5	10:35	3.6	3:13	-0.4	3:35	-0.3	7:02	4:48	
24	Thu	10:58	3.3	11:27	3.6	3:59	-0.2	4:13	-0.2	7:01	4:49	
25	Fri	11:52	3.1			4:54	-0.1	5:00	-0.1	7:01	4:50	
26	Sat	12:23	3.5	12:50	3.0	6:10	0.1	5:59	0.0	7:00	4:52	
27	Sun	1:24	3.5	1:53	2.9	8:05	0.2	7:18	0.1	6:59	4:53	
28	Mon	2:30	3.5	2:59	2.9	9:27	0.1	8:48	0.0	6:58	4:54	
29	Tue	3:38	3.6	4:05	3.1	10:28	-0.1	10:01	-0.1	6:57	4:55	
30	Wed	4:42	3.7	5:05	3.3	11:21	-0.2	11:01	-0.3	6:56	4:57	
31	Thu	5:39	3.9	6:00	3.6			12:08	-0.4	6:55	4:58	