

































## Pleasant Bay, South Orleans, MA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:03	3.8	4:32	3.5	11:22	-0.4	11:39	-0.2	6:14	5:29	
2	Fri	4:52	3.7	5:26	3.3			12:15	-0.3	6:13	5:31	
3	Sat	5:45	3.6	6:26	3.1	12:31	0.0	1:13	-0.1	6:11	5:32	
4	Sun	6:45	3.5	7:31	2.9	1:29	0.2	2:17	0.0	6:09	5:33	
5	Mon	7:51	3.3	8:42	2.8	2:31	0.3	3:23	0.1	6:08	5:34	
6	Tue	9:01	3.3	9:54	2.9	3:38	0.4	4:32	0.2	6:06	5:35	
7	Wed	10:12	3.3	10:59	3.0	4:45	0.4	5:38	0.1	6:04	5:36	
8	Thu	11:15	3.3	11:54	3.1	5:50	0.3	6:36	0.0	6:03	5:38	
9	Fri			12:09	3.4	6:48	0.2	7:25	0.0	6:01	5:39	
10	Sat	12:41	3.2	12:56	3.4	7:37	0.1	8:07	0.0	6:00	5:40	
11	Sun	1:22	3.3	1:39	3.4	8:22	0.0	8:46	0.0	5:58	5:41	
12	Mon	2:00	3.3	2:19	3.4	9:04	0.0	9:24	0.0	5:56	5:42	
13	Tue	2:36	3.4	2:58	3.3	9:44	0.0	10:00	0.1	5:55	5:43	
14	Wed	3:12	3.4	3:36	3.2	10:23	0.0	10:37	0.2	5:53	5:45	
15	Thu	3:48	3.3	4:16	3.1	11:03	0.1	11:15	0.3	5:51	5:46	
16	Fri	4:26	3.2	4:57	2.9	11:45	0.2	11:56	0.5	5:49	5:47	
17	Sat	5:07	3.2	5:43	2.8			12:30	0.3	5:48	5:48	
18	Sun	5:53	3.1	6:33	2.7	12:41	0.6	1:19	0.4	5:46	5:49	
19	Mon	6:44	3.0	7:28	2.6	1:30	0.7	2:13	0.5	5:44	5:50	
20	Tue	7:40	3.0	8:26	2.6	2:24	0.8	3:09	0.5	5:43	5:51	
21	Wed	8:38	3.0	9:23	2.7	3:21	0.7	4:06	0.5	5:41	5:52	
22	Thu	9:36	3.1	10:18	2.8	4:19	0.6	5:01	0.4	5:39	5:53	
23	Fri	10:32	3.2	11:07	3.0	5:15	0.5	5:52	0.2	5:38	5:55	
24	Sat	11:23	3.4	11:52	3.3	6:09	0.2	6:40	0.0	5:36	5:56	
25	Sun			12:11	3.6	6:59	0.0	7:25	-0.2	5:34	5:57	
26	Mon	12:35	3.5	12:58	3.7	7:47	-0.3	8:09	-0.3	5:32	5:58	
27	Tue	1:19	3.8	1:46	3.7	8:34	-0.5	8:54	-0.3	5:31	5:59	
28	Wed	2:04	3.9	2:35	3.7	9:23	-0.6	9:40	-0.3	5:29	6:00	
29	Thu	2:51	4.0	3:25	3.6	10:13	-0.6	10:28	-0.2	5:27	6:01	
30	Fri	3:40	3.9	4:17	3.5	11:04	-0.5	11:19	-0.1	5:26	6:02	
31	Sat	4:32	3.8	5:13	3.3	11:58	-0.3			5:24	6:03	