

































Plum Island Sound, South End, MA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:24	10.3	9:01	8.6	2:11	0.2	2:58	-0.7	7:13	4:20	
2	Wed	9:21	10.5	9:59	8.8	3:08	0.0	3:55	-1.0	7:13	4:21	
3	Thu	10:16	10.6	10:53	8.9	4:04	-0.1	4:48	-1.1	7:13	4:22	
4	Fri	11:09	10.6	11:44	9.1	4:58	-0.2	5:39	-1.2	7:13	4:22	
5	Sat	11:59	10.5			5:50	-0.3	6:28	-1.1	7:13	4:23	
6	Sun	12:33	9.1	12:48	10.2	6:41	-0.2	7:15	-0.9	7:13	4:24	
7	Mon	1:21	9.2	1:37	9.9	7:31	-0.1	8:02	-0.6	7:13	4:25	
8	Tue	2:08	9.1	2:25	9.4	8:21	0.1	8:48	-0.3	7:12	4:26	
9	Wed	2:55	9.0	3:13	8.9	9:11	0.3	9:35	0.1	7:12	4:28	
10	Thu	3:42	8.9	4:03	8.5	10:02	0.5	10:22	0.5	7:12	4:29	
11	Fri	4:31	8.8	4:55	8.0	10:55	0.7	11:12	0.8	7:12	4:30	
12	Sat	5:22	8.6	5:49	7.7	11:50	0.9			7:11	4:31	
13	Sun	6:14	8.6	6:45	7.4	12:04	1.1	12:45	0.9	7:11	4:32	
14	Mon	7:07	8.6	7:39	7.3	12:57	1.3	1:39	0.9	7:10	4:33	
15	Tue	7:58	8.6	8:31	7.3	1:48	1.4	2:31	0.8	7:10	4:34	
16	Wed	8:48	8.7	9:21	7.4	2:38	1.3	3:21	0.6	7:09	4:36	
17	Thu	9:35	8.9	10:07	7.6	3:26	1.3	4:07	0.4	7:09	4:37	
18	Fri	10:19	9.1	10:50	7.9	4:12	1.1	4:50	0.2	7:08	4:38	
19	Sat	11:01	9.3	11:31	8.2	4:56	0.9	5:31	0.0	7:08	4:39	
20	Sun	11:43	9.5			5:38	0.6	6:12	-0.2	7:07	4:40	
21	Mon	12:12	8.5	12:26	9.6	6:21	0.4	6:52	-0.4	7:06	4:42	
22	Tue	12:54	8.9	1:10	9.6	7:06	0.1	7:34	-0.4	7:06	4:43	
23	Wed	1:39	9.2	1:58	9.6	7:53	-0.1	8:18	-0.5	7:05	4:44	
24	Thu	2:25	9.5	2:47	9.4	8:43	-0.2	9:05	-0.4	7:04	4:45	
25	Fri	3:15	9.7	3:40	9.1	9:37	-0.3	9:56	-0.2	7:03	4:47	
26	Sat	4:08	9.8	4:37	8.8	10:35	-0.3	10:52	0.0	7:02	4:48	
27	Sun	5:05	9.9	5:38	8.5	11:36	-0.2	11:51	0.2	7:01	4:49	
28	Mon	6:05	9.9	6:41	8.3			12:39	-0.3	7:01	4:51	
29	Tue	7:06	9.9	7:44	8.3	12:53	0.3	1:41	-0.4	7:00	4:52	
30	Wed	8:08	10.0	8:46	8.4	1:54	0.3	2:42	-0.5	6:59	4:53	
31	Thu	9:07	10.1	9:44	8.6	2:54	0.2	3:39	-0.6	6:58	4:55	