

Popponeset, MA - Nov 1990

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 11:12 | 2.6 | 11:43 | 2.5 | 4:51 | 0.0 | 5:23 | -0.1 | 6:13 | 4:37 | ☾ |
| 2 | Fri | 11:58 | 2.8 | | | 5:38 | 0.0 | 6:12 | -0.3 | 6:14 | 4:35 | ☾ |
| 3 | Sat | 12:32 | 2.5 | 12:45 | 2.9 | 6:25 | -0.1 | 7:02 | -0.4 | 6:16 | 4:34 | ☾ |
| 4 | Sun | 1:22 | 2.5 | 1:34 | 2.9 | 7:13 | -0.1 | 7:53 | -0.4 | 6:17 | 4:33 | ☾ |
| 5 | Mon | 2:15 | 2.5 | 2:26 | 2.9 | 8:04 | -0.1 | 8:45 | -0.3 | 6:18 | 4:32 | ☾ |
| 6 | Tue | 3:09 | 2.4 | 3:20 | 2.8 | 8:57 | 0.0 | 9:39 | -0.3 | 6:19 | 4:31 | ☾ |
| 7 | Wed | 4:05 | 2.4 | 4:17 | 2.7 | 9:52 | 0.1 | 10:36 | -0.1 | 6:20 | 4:30 | ☾ |
| 8 | Thu | 5:05 | 2.3 | 5:19 | 2.5 | 10:52 | 0.2 | 11:37 | 0.0 | 6:22 | 4:29 | ☾ |
| 9 | Fri | 6:09 | 2.2 | 6:25 | 2.4 | 11:56 | 0.3 | | | 6:23 | 4:27 | ☾ |
| 10 | Sat | 7:14 | 2.2 | 7:32 | 2.3 | 12:39 | 0.1 | 1:02 | 0.3 | 6:24 | 4:26 | ☾ |
| 11 | Sun | 8:17 | 2.3 | 8:39 | 2.3 | 1:41 | 0.1 | 2:08 | 0.3 | 6:25 | 4:25 | ☾ |
| 12 | Mon | 9:15 | 2.3 | 9:41 | 2.2 | 2:40 | 0.2 | 3:12 | 0.2 | 6:27 | 4:24 | ☾ |
| 13 | Tue | 10:09 | 2.3 | 10:38 | 2.2 | 3:36 | 0.2 | 4:10 | 0.2 | 6:28 | 4:24 | ☾ |
| 14 | Wed | 10:56 | 2.4 | 11:27 | 2.2 | 4:26 | 0.2 | 5:01 | 0.1 | 6:29 | 4:23 | ☾ |
| 15 | Thu | 11:37 | 2.4 | | | 5:11 | 0.3 | 5:46 | 0.1 | 6:30 | 4:22 | ☾ |
| 16 | Fri | 12:10 | 2.2 | 12:15 | 2.4 | 5:51 | 0.3 | 6:26 | 0.1 | 6:31 | 4:21 | ☾ |
| 17 | Sat | 12:50 | 2.2 | 12:52 | 2.4 | 6:30 | 0.3 | 7:05 | 0.1 | 6:33 | 4:20 | ☾ |
| 18 | Sun | 1:29 | 2.1 | 1:30 | 2.4 | 7:08 | 0.3 | 7:44 | 0.1 | 6:34 | 4:19 | ☾ |
| 19 | Mon | 2:09 | 2.1 | 2:08 | 2.4 | 7:47 | 0.3 | 8:23 | 0.1 | 6:35 | 4:19 | ☾ |
| 20 | Tue | 2:48 | 2.1 | 2:48 | 2.4 | 8:27 | 0.4 | 9:03 | 0.1 | 6:36 | 4:18 | ☾ |
| 21 | Wed | 3:29 | 2.0 | 3:29 | 2.3 | 9:08 | 0.4 | 9:44 | 0.2 | 6:37 | 4:17 | ☾ |
| 22 | Thu | 4:10 | 2.0 | 4:12 | 2.3 | 9:51 | 0.5 | 10:27 | 0.2 | 6:39 | 4:16 | ☾ |
| 23 | Fri | 4:54 | 2.0 | 4:57 | 2.2 | 10:37 | 0.5 | 11:13 | 0.2 | 6:40 | 4:16 | ☾ |
| 24 | Sat | 5:41 | 2.0 | 5:47 | 2.2 | 11:28 | 0.5 | | | 6:41 | 4:15 | ☾ |
| 25 | Sun | 6:29 | 2.1 | 6:40 | 2.2 | 12:01 | 0.3 | 12:21 | 0.4 | 6:42 | 4:15 | ☾ |
| 26 | Mon | 7:18 | 2.1 | 7:34 | 2.2 | 12:51 | 0.2 | 1:16 | 0.4 | 6:43 | 4:14 | ☾ |
| 27 | Tue | 8:08 | 2.2 | 8:30 | 2.2 | 1:41 | 0.2 | 2:12 | 0.3 | 6:44 | 4:14 | ☾ |
| 28 | Wed | 8:58 | 2.4 | 9:27 | 2.2 | 2:32 | 0.2 | 3:08 | 0.1 | 6:45 | 4:13 | ☾ |
| 29 | Thu | 9:49 | 2.5 | 10:23 | 2.3 | 3:25 | 0.1 | 4:04 | 0.0 | 6:46 | 4:13 | ☾ |
| 30 | Fri | 10:41 | 2.7 | 11:18 | 2.4 | 4:17 | 0.1 | 4:58 | -0.2 | 6:47 | 4:13 | ☾ |