

Provincetown, MA - Jan 2054

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|------|-------|------|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 4:48 | 10.1 | 5:13 | 9.6 | 10:58 | 0.0 | 11:24 | -0.1 | 7:08 | 4:20 | ☾ |
| 2 | Fri | 5:46 | 9.9 | 6:15 | 9.2 | | | 12:00 | 0.1 | 7:08 | 4:20 | ☾ |
| 3 | Sat | 6:43 | 9.8 | 7:17 | 8.9 | 12:22 | 0.2 | 1:02 | 0.2 | 7:08 | 4:21 | ☾ |
| 4 | Sun | 7:39 | 9.8 | 8:16 | 8.8 | 1:19 | 0.5 | 2:01 | 0.2 | 7:08 | 4:22 | ☾ |
| 5 | Mon | 8:32 | 9.8 | 9:11 | 8.7 | 2:14 | 0.7 | 2:56 | 0.1 | 7:08 | 4:23 | ☾ |
| 6 | Tue | 9:21 | 9.8 | 10:00 | 8.7 | 3:05 | 0.8 | 3:45 | 0.0 | 7:08 | 4:24 | ☾ |
| 7 | Wed | 10:06 | 9.8 | 10:45 | 8.7 | 3:52 | 0.8 | 4:31 | 0.0 | 7:08 | 4:25 | ☾ |
| 8 | Thu | 10:49 | 9.8 | 11:26 | 8.7 | 4:36 | 0.9 | 5:12 | 0.0 | 7:08 | 4:26 | ☾ |
| 9 | Fri | 11:30 | 9.8 | | | 5:18 | 0.9 | 5:51 | 0.0 | 7:08 | 4:27 | ☾ |
| 10 | Sat | 12:05 | 8.7 | 12:10 | 9.7 | 5:58 | 0.9 | 6:29 | 0.0 | 7:07 | 4:28 | ☾ |
| 11 | Sun | 12:43 | 8.7 | 12:50 | 9.7 | 6:38 | 0.9 | 7:06 | 0.1 | 7:07 | 4:29 | ☾ |
| 12 | Mon | 1:21 | 8.8 | 1:30 | 9.5 | 7:17 | 0.9 | 7:44 | 0.2 | 7:07 | 4:31 | ☾ |
| 13 | Tue | 2:00 | 8.8 | 2:11 | 9.4 | 7:58 | 0.9 | 8:23 | 0.3 | 7:06 | 4:32 | ☾ |
| 14 | Wed | 2:40 | 8.9 | 2:54 | 9.2 | 8:41 | 0.9 | 9:04 | 0.4 | 7:06 | 4:33 | ☾ |
| 15 | Thu | 3:22 | 9.0 | 3:39 | 9.1 | 9:26 | 0.8 | 9:47 | 0.4 | 7:05 | 4:34 | ☾ |
| 16 | Fri | 4:06 | 9.1 | 4:27 | 8.9 | 10:15 | 0.7 | 10:34 | 0.5 | 7:05 | 4:35 | ☾ |
| 17 | Sat | 4:53 | 9.3 | 5:19 | 8.8 | 11:06 | 0.6 | 11:24 | 0.5 | 7:04 | 4:36 | ☾ |
| 18 | Sun | 5:43 | 9.6 | 6:14 | 8.8 | | | 12:01 | 0.3 | 7:04 | 4:38 | ☾ |
| 19 | Mon | 6:37 | 9.9 | 7:12 | 9.0 | 12:18 | 0.4 | 12:59 | -0.1 | 7:03 | 4:39 | ☾ |
| 20 | Tue | 7:33 | 10.3 | 8:10 | 9.2 | 1:14 | 0.2 | 1:57 | -0.5 | 7:03 | 4:40 | ☾ |
| 21 | Wed | 8:29 | 10.8 | 9:08 | 9.6 | 2:11 | -0.1 | 2:54 | -1.0 | 7:02 | 4:41 | ☾ |
| 22 | Thu | 9:25 | 11.2 | 10:04 | 9.9 | 3:08 | -0.4 | 3:49 | -1.5 | 7:01 | 4:42 | ☾ |
| 23 | Fri | 10:21 | 11.6 | 10:59 | 10.3 | 4:03 | -0.8 | 4:43 | -1.9 | 7:00 | 4:44 | ☾ |
| 24 | Sat | 11:16 | 11.7 | 11:53 | 10.6 | 4:58 | -1.1 | 5:36 | -2.1 | 7:00 | 4:45 | ☾ |
| 25 | Sun | | | 12:10 | 11.7 | 5:53 | -1.3 | 6:28 | -2.1 | 6:59 | 4:46 | ☾ |
| 26 | Mon | 12:45 | 10.7 | 1:04 | 11.5 | 6:47 | -1.3 | 7:20 | -1.9 | 6:58 | 4:47 | ☾ |
| 27 | Tue | 1:38 | 10.7 | 1:58 | 11.1 | 7:41 | -1.1 | 8:12 | -1.5 | 6:57 | 4:49 | ☾ |
| 28 | Wed | 2:31 | 10.6 | 2:53 | 10.5 | 8:37 | -0.9 | 9:05 | -1.0 | 6:56 | 4:50 | ☾ |
| 29 | Thu | 3:24 | 10.4 | 3:50 | 9.9 | 9:34 | -0.5 | 9:59 | -0.4 | 6:55 | 4:51 | ☾ |
| 30 | Fri | 4:19 | 10.1 | 4:48 | 9.3 | 10:33 | -0.1 | 10:55 | 0.1 | 6:54 | 4:53 | ☾ |
| 31 | Sat | 5:15 | 9.8 | 5:48 | 8.8 | 11:33 | 0.2 | 11:52 | 0.6 | 6:53 | 4:54 | ☾ |