

































## Quick's Hole, Nashawena Island, MA - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:05	3.4	7:26	4.3	12:49	0.1	12:24	-0.1	5:13	8:21	
2	Tue	7:55	3.7	8:15	4.5	1:36	-0.1	1:13	-0.2	5:14	8:20	
3	Wed	8:45	3.9	9:05	4.6	2:26	-0.2	2:04	-0.3	5:14	8:20	
4	Thu	9:36	4.0	9:56	4.6	3:14	-0.2	2:57	-0.3	5:15	8:20	
5	Fri	10:29	4.1	10:49	4.5	4:00	-0.2	3:50	-0.2	5:15	8:20	
6	Sat	11:23	4.1	11:44	4.3	4:45	-0.2	4:43	0.0	5:16	8:20	
7	Sun			12:20	4.1	5:32	0.0	5:41	0.2	5:16	8:19	
8	Mon	12:41	4.1	1:17	4.1	6:25	0.1	6:55	0.4	5:17	8:19	
9	Tue	1:37	3.8	2:14	4.1	7:27	0.2	8:41	0.6	5:18	8:18	
10	Wed	2:34	3.6	3:12	4.1	8:33	0.3	10:03	0.5	5:19	8:18	
11	Thu	3:34	3.4	4:13	4.1	9:31	0.4	11:04	0.5	5:19	8:18	
12	Fri	4:38	3.3	5:15	4.1	10:21	0.4	11:53	0.5	5:20	8:17	
13	Sat	5:39	3.3	6:11	4.2	11:04	0.4			5:21	8:17	
14	Sun	6:34	3.4	7:02	4.2	12:36	0.4	11:46 AM	0.4	5:22	8:16	
15	Mon	7:23	3.5	7:48	4.2	1:13	0.4	12:28	0.3	5:22	8:15	
16	Tue	8:08	3.5	8:31	4.1	1:47	0.4	1:11	0.3	5:23	8:15	
17	Wed	8:51	3.6	9:12	4.0	2:22	0.3	1:57	0.3	5:24	8:14	
18	Thu	9:33	3.5	9:51	3.8	2:57	0.3	2:42	0.3	5:25	8:14	
19	Fri	10:13	3.4	10:29	3.6	3:31	0.3	3:26	0.3	5:26	8:13	
20	Sat	10:54	3.3	11:07	3.4	4:05	0.3	4:08	0.4	5:27	8:12	
21	Sun	11:34	3.2	11:46	3.2	4:39	0.3	4:50	0.6	5:27	8:11	
22	Mon			12:15	3.2	5:14	0.4	5:34	0.7	5:28	8:10	
23	Tue	12:26	3.1	12:55	3.2	5:52	0.5	6:24	0.8	5:29	8:10	
24	Wed	1:08	2.9	1:36	3.2	6:34	0.5	7:25	0.9	5:30	8:09	
25	Thu	1:53	2.9	2:21	3.3	7:24	0.5	8:39	0.9	5:31	8:08	
26	Fri	2:43	2.8	3:11	3.4	8:19	0.5	9:49	0.8	5:32	8:07	
27	Sat	3:40	2.9	4:10	3.5	9:18	0.4	10:47	0.6	5:33	8:06	
28	Sun	4:44	3.0	5:13	3.8	10:15	0.2	11:38	0.3	5:34	8:05	
29	Mon	5:46	3.3	6:12	4.1	11:10	0.0			5:35	8:04	
30	Tue	6:42	3.6	7:05	4.4	12:26	0.1	12:03	-0.2	5:36	8:03	
31	Wed	7:34	3.9	7:57	4.6	1:15	-0.1	12:56	-0.3	5:37	8:02	