US HARBORS www.USHarbors.com

Quick's Hole, Nashawena Island, MA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:45	4.1	5:11	3.4	11:07	-0.2	10:37	-0.4	7:09	4:24	
2	Wed	5:43	4.4	6:07	3.7	11:59	-0.3	11:32	-0.5	7:09	4:25	
3	Thu	6:37	4.5	6:59	3.9			12:50	-0.4	7:09	4:26	
4	Fri	7:27	4.5	7:49	4.0	12:25	-0.5	1:37	-0.4	7:09	4:27	
5	Sat	8:16	4.4	8:38	3.9	1:18	-0.5	2:18	-0.4	7:09	4:28	
6	Sun	9:03	4.2	9:27	3.8	2:08	-0.4	2:52	-0.3	7:09	4:29	
7	Mon	9:50	3.9	10:17	3.7	2:53	-0.2	3:25	-0.2	7:09	4:30	
8	Tue	10:38	3.5	11:06	3.5	3:36	0.0	3:58	-0.1	7:09	4:31	
9	Wed	11:26	3.2	11:56	3.2	4:20	0.2	4:35	0.1	7:09	4:32	
10	Thu			12:13	2.9	5:10	0.5	5:17	0.2	7:08	4:33	
11	Fri	12:45	3.1	1:01	2.6	6:15	0.6	6:08	0.3	7:08	4:34	
12	Sat	1:34	2.9	1:50	2.4	7:42	0.7	7:06	0.4	7:08	4:35	
13	Sun	2:26	2.8	2:45	2.3	8:58	0.7	8:09	0.4	7:07	4:36	
14	Mon	3:26	2.8	3:45	2.4	9:52	0.5	9:08	0.3	7:07	4:37	
15	Tue	4:24	2.8	4:41	2.5	10:38	0.4	10:01	0.1	7:07	4:38	
16	Wed	5:12	3.0	5:28	2.7	11:19	0.2	10:48	0.0	7:06	4:39	
17	Thu	5:52	3.2	6:10	2.9			12:00	0.0	7:06	4:41	
18	Fri	6:29	3.4	6:49	3.1			12:39	-0.1	7:05	4:42	
19	Sat	7:06	3.6	7:30	3.3	12:16	-0.3	1:15	-0.3	7:05	4:43	
20	Sun	7:45	3.7	8:11	3.4	12:59	-0.4	1:49	-0.4	7:04	4:44	
21	Mon	8:26	3.7	8:53	3.6	1:42	-0.5	2:20	-0.4	7:03	4:45	
22	Tue	9:09	3.7	9:39	3.6	2:24	-0.5	2:52	-0.5	7:03	4:46	
23	Wed	9:56	3.6	10:28	3.6	3:06	-0.4	3:27	-0.5	7:02	4:48	
24	Thu	10:46	3.4	11:20	3.6	3:51	-0.3	4:06	-0.4	7:01	4:49	
25	Fri	11:41	3.2			4:41	-0.1	4:52	-0.3	7:00	4:50	
26	Sat	12:15	3.6	12:38	3.1	5:44	0.1	5:48	-0.1	7:00	4:51	
27	Sun	1:13	3.6	1:38	3.0	7:12	0.3	6:57	0.0	6:59	4:53	
28	Mon	2:17	3.6	2:44	2.9	9:06	0.2	8:16	0.0	6:58	4:54	
29	Tue	3:25	3.7	3:54	3.1	10:16	0.1	9:34	-0.1	6:57	4:55	
30	Wed	4:33	3.8	4:58	3.3	11:09	0.0	10:38	-0.2	6:56	4:56	
31	Thu	5:32	4.0	5:54	3.6	11:56	-0.2	11:32	-0.3	6:55	4:58	