

































Sesuit Harbor, East Dennis, MA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:48	9.7	2:02	10.5	7:53	0.4	8:22	-0.5	7:07	4:20	
2	Tue	2:35	9.9	2:52	10.3	8:44	0.3	9:11	-0.4	7:07	4:21	
3	Wed	3:25	10.2	3:46	10.0	9:38	0.1	10:02	-0.2	7:07	4:22	
4	Thu	4:17	10.4	4:44	9.7	10:35	0.0	10:56	0.0	7:07	4:23	
5	Fri	5:13	10.6	5:45	9.4	11:34	-0.2	11:52	0.2	7:07	4:24	
6	Sat	6:11	10.8	6:47	9.3			12:35	-0.3	7:07	4:25	
7	Sun	7:11	11.0	7:49	9.3	12:51	0.3	1:37	-0.6	7:07	4:26	
8	Mon	8:10	11.2	8:49	9.4	1:50	0.3	2:36	-0.8	7:07	4:27	
9	Tue	9:07	11.4	9:47	9.6	2:48	0.2	3:33	-1.0	7:07	4:28	
10	Wed	10:02	11.5	10:41	9.8	3:44	0.0	4:27	-1.2	7:07	4:29	
11	Thu	10:55	11.5	11:31	9.9	4:37	-0.1	5:17	-1.2	7:06	4:30	
12	Fri	11:44	11.4			5:28	-0.2	6:04	-1.2	7:06	4:31	
13	Sat	12:18	10.0	12:32	11.1	6:17	-0.1	6:50	-1.0	7:06	4:32	
14	Sun	1:04	10.0	1:18	10.7	7:05	0.0	7:34	-0.7	7:05	4:33	
15	Mon	1:48	10.0	2:04	10.2	7:53	0.2	8:19	-0.3	7:05	4:34	
16	Tue	2:33	9.8	2:51	9.7	8:41	0.4	9:04	0.2	7:04	4:35	
17	Wed	3:19	9.6	3:40	9.1	9:30	0.7	9:50	0.7	7:04	4:37	
18	Thu	4:07	9.5	4:31	8.6	10:21	0.9	10:39	1.1	7:03	4:38	
19	Fri	4:56	9.3	5:25	8.2	11:14	1.1	11:30	1.5	7:03	4:39	
20	Sat	5:49	9.1	6:21	8.0			12:09	1.2	7:02	4:40	
21	Sun	6:43	9.1	7:18	7.9	12:23	1.7	1:05	1.2	7:02	4:41	
22	Mon	7:36	9.2	8:12	7.9	1:17	1.8	1:59	1.0	7:01	4:43	
23	Tue	8:26	9.4	9:02	8.1	2:09	1.7	2:50	0.8	7:00	4:44	
24	Wed	9:14	9.7	9:48	8.4	2:58	1.5	3:37	0.4	6:59	4:45	
25	Thu	10:00	10.0	10:32	8.8	3:45	1.2	4:22	0.1	6:59	4:46	
26	Fri	10:43	10.4	11:14	9.2	4:30	0.9	5:04	-0.3	6:58	4:48	
27	Sat	11:26	10.7	11:56	9.7	5:14	0.5	5:46	-0.6	6:57	4:49	
28	Sun			12:10	10.9	5:58	0.1	6:28	-0.9	6:56	4:50	
29	Mon	12:38	10.1	12:54	10.9	6:44	-0.3	7:11	-1.0	6:55	4:51	
30	Tue	1:22	10.5	1:41	10.8	7:31	-0.6	7:56	-0.9	6:54	4:53	
31	Wed	2:08	10.8	2:31	10.5	8:22	-0.7	8:44	-0.7	6:53	4:54	