

































Sesuit Harbor, East Dennis, MA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:49	8.9	7:14	9.7	12:36	1.0	12:53	1.2	5:09	8:19	
2	Mon	7:46	8.6	8:06	9.7	1:32	1.1	1:45	1.6	5:10	8:19	
3	Tue	8:41	8.4	8:56	9.7	2:26	1.1	2:36	1.8	5:10	8:18	
4	Wed	9:32	8.4	9:44	9.7	3:18	1.1	3:25	1.8	5:11	8:18	
5	Thu	10:19	8.4	10:29	9.8	4:06	0.9	4:12	1.8	5:11	8:18	
6	Fri	11:04	8.5	11:12	10.0	4:51	0.8	4:57	1.7	5:12	8:18	
7	Sat	11:46	8.6	11:54	10.2	5:34	0.6	5:40	1.5	5:13	8:17	
8	Sun			12:26	8.8	6:16	0.4	6:23	1.4	5:13	8:17	
9	Mon	12:35	10.3	1:06	9.1	6:56	0.2	7:05	1.2	5:14	8:17	
10	Tue	1:16	10.4	1:47	9.4	7:37	0.0	7:48	1.0	5:15	8:16	
11	Wed	1:58	10.5	2:29	9.7	8:18	-0.1	8:33	0.8	5:15	8:16	
12	Thu	2:42	10.4	3:13	10.0	9:01	-0.1	9:21	0.6	5:16	8:15	
13	Fri	3:29	10.3	4:00	10.2	9:47	-0.1	10:12	0.4	5:17	8:15	
14	Sat	4:20	10.1	4:49	10.4	10:35	0.1	11:06	0.3	5:18	8:14	
15	Sun	5:14	9.8	5:42	10.6	11:26	0.3			5:19	8:14	
16	Mon	6:12	9.6	6:38	10.8	12:03	0.1	12:21	0.5	5:19	8:13	
17	Tue	7:13	9.4	7:37	11.0	1:02	0.0	1:18	0.6	5:20	8:12	
18	Wed	8:15	9.4	8:37	11.3	2:03	-0.2	2:17	0.6	5:21	8:12	
19	Thu	9:16	9.5	9:35	11.5	3:04	-0.5	3:16	0.4	5:22	8:11	
20	Fri	10:15	9.7	10:32	11.7	4:02	-0.8	4:14	0.2	5:23	8:10	
21	Sat	11:11	10.0	11:27	11.9	4:58	-1.0	5:09	0.0	5:24	8:09	
22	Sun			12:03	10.2	5:50	-1.2	6:03	-0.2	5:25	8:09	
23	Mon	12:19	11.8	12:53	10.4	6:40	-1.2	6:54	-0.3	5:25	8:08	
24	Tue	1:09	11.6	1:41	10.5	7:27	-1.0	7:44	-0.2	5:26	8:07	
25	Wed	1:57	11.3	2:27	10.5	8:13	-0.8	8:33	-0.1	5:27	8:06	
26	Thu	2:45	10.8	3:14	10.4	8:59	-0.4	9:22	0.2	5:28	8:05	
27	Fri	3:33	10.2	4:00	10.2	9:45	0.1	10:12	0.5	5:29	8:04	
28	Sat	4:23	9.6	4:48	10.0	10:32	0.6	11:03	0.8	5:30	8:03	
29	Sun	5:14	9.1	5:38	9.7	11:21	1.1	11:56	1.1	5:31	8:02	
30	Mon	6:07	8.6	6:30	9.5			12:11	1.5	5:32	8:01	
31	Tue	7:03	8.3	7:25	9.4	12:51	1.3	1:05	1.9	5:33	8:00	