

































## Sesuit Harbor, East Dennis, MA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:52	10.5	3:23	9.8	9:09	-0.1	9:28	0.8	5:10	8:19	
2	Sat	3:39	10.1	4:09	9.7	9:55	0.2	10:17	1.0	5:10	8:19	
3	Sun	4:27	9.7	4:57	9.6	10:42	0.6	11:08	1.2	5:11	8:18	
4	Mon	5:17	9.3	5:47	9.5	11:30	0.9			5:11	8:18	
5	Tue	6:10	9.0	6:38	9.5	12:00	1.3	12:21	1.2	5:12	8:18	
6	Wed	7:04	8.7	7:30	9.5	12:54	1.3	1:12	1.3	5:12	8:18	
7	Thu	7:58	8.6	8:21	9.7	1:47	1.2	2:03	1.4	5:13	8:17	
8	Fri	8:51	8.7	9:10	9.9	2:40	1.0	2:54	1.4	5:14	8:17	
9	Sat	9:41	8.9	9:57	10.2	3:30	0.7	3:43	1.2	5:15	8:16	
10	Sun	10:28	9.1	10:43	10.6	4:18	0.3	4:30	1.0	5:15	8:16	
11	Mon	11:15	9.4	11:29	11.0	5:05	-0.1	5:16	0.6	5:16	8:16	
12	Tue			12:00	9.8	5:50	-0.5	6:02	0.3	5:17	8:15	
13	Wed	12:15	11.3	12:46	10.3	6:35	-0.9	6:49	-0.1	5:18	8:14	
14	Thu	1:01	11.6	1:32	10.6	7:21	-1.2	7:37	-0.4	5:18	8:14	
15	Fri	1:49	11.7	2:20	11.0	8:07	-1.3	8:27	-0.6	5:19	8:13	
16	Sat	2:38	11.6	3:10	11.2	8:56	-1.3	9:20	-0.7	5:20	8:13	
17	Sun	3:31	11.4	4:02	11.3	9:47	-1.2	10:16	-0.7	5:21	8:12	
18	Mon	4:26	11.1	4:57	11.4	10:41	-0.9	11:13	-0.6	5:22	8:11	
19	Tue	5:24	10.7	5:54	11.4	11:37	-0.6			5:23	8:10	
20	Wed	6:25	10.3	6:54	11.3	12:13	-0.5	12:34	-0.3	5:23	8:10	
21	Thu	7:27	10.0	7:54	11.3	1:14	-0.5	1:34	0.0	5:24	8:09	
22	Fri	8:30	9.9	8:54	11.3	2:16	-0.4	2:33	0.1	5:25	8:08	
23	Sat	9:30	9.8	9:50	11.3	3:15	-0.5	3:30	0.2	5:26	8:07	
24	Sun	10:26	9.9	10:43	11.2	4:11	-0.5	4:24	0.2	5:27	8:06	
25	Mon	11:17	9.9	11:32	11.1	5:02	-0.5	5:15	0.3	5:28	8:05	
26	Tue			12:04	9.9	5:49	-0.5	6:02	0.3	5:29	8:04	
27	Wed	12:17	11.0	12:47	9.9	6:33	-0.4	6:46	0.4	5:30	8:03	
28	Thu	1:00	10.8	1:27	9.9	7:15	-0.3	7:29	0.4	5:31	8:02	
29	Fri	1:41	10.5	2:08	9.9	7:56	-0.1	8:12	0.5	5:32	8:01	
30	Sat	2:23	10.3	2:49	9.8	8:37	0.1	8:57	0.7	5:33	8:00	
31	Sun	3:06	9.9	3:32	9.8	9:20	0.4	9:43	0.8	5:34	7:59	