



## NOAA Tide Predictions

### Chatham, Lydia Cove, MA,2020

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

**Station Types:** The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

**Harmonic** - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

**Subordinate** - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

**Disclaimer:** The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.



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Times and Heights of High and Low Waters

January				February				March			
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm
<b>1</b> 04:24 AM	4.6 140	<b>16</b> 04:12 AM	5.1 155	<b>1</b> 05:05 AM	4.8 146	<b>16</b> 05:44 AM	5.4 165	<b>1</b> 04:10 AM	5.0 152	<b>16</b> 12:26 AM	0.2 6
10:42 AM	0.9 27	10:54 AM	0.1 3	11:50 AM	0.7 21	12:42 PM	0.0 0	11:11 AM	0.5 15	06:19 AM	5.4 165
W 04:33 PM	4.8 146	Th 04:29 PM	5.3 162	Sa 05:37 PM	4.3 131	Su 06:22 PM	4.7 143	Su 04:55 PM	4.3 131	M 01:21 PM	-0.1 -3
11:16 PM	0.4 12	11:24 PM	-0.1 -3	11:53 PM	0.6 18			11:04 PM	0.6 18	0 07:04 PM	4.6 140
<b>2</b> 05:13 AM	4.6 140	<b>17</b> 05:09 AM	5.2 158	<b>2</b> 05:52 AM	4.9 149	<b>17</b> 12:49 AM	0.2 6	<b>2</b> 04:55 AM	5.0 152	<b>17</b> 01:25 AM	0.4 12
11:36 AM	0.9 27	11:57 AM	0.2 6	12:47 PM	0.7 21	06:47 AM	5.4 165	12:07 PM	0.6 18	06:24 AM	5.3 162
Th 05:28 PM	4.6 140	F 05:32 PM	5.0 152	Su 06:34 PM	4.2 128	M 01:45 PM	0.0 0	M 05:49 PM	4.2 128	Tu 02:23 PM	0.0 0
		0 05:32 PM	5.0 152	0 06:34 PM	4.2 128	07:26 PM	4.5 137	0 11:55 PM	0.7 21	08:08 PM	4.5 137
<b>3</b> 12:01 AM	0.5 15	<b>18</b> 12:18 AM	0.0 0	<b>3</b> 12:43 AM	0.7 21	<b>18</b> 01:48 AM	0.4 12	<b>3</b> 05:49 AM	5.0 152	<b>18</b> 02:26 AM	0.5 15
06:03 AM	4.7 143	06:09 AM	5.4 165	06:43 AM	4.9 149	07:49 AM	5.4 165	01:07 PM	0.6 18	09:32 AM	5.2 158
F 12:32 PM	0.9 27	Sa 01:01 PM	0.1 3	M 01:45 PM	0.6 18	Tu 02:47 PM	0.0 0	Tu 06:47 PM	4.1 125	W 03:23 PM	0.1 3
0 06:25 PM	4.4 134	06:38 PM	4.8 146	07:31 PM	4.1 125	08:28 PM	4.5 137			09:09 PM	4.4 134
<b>4</b> 12:47 AM	0.6 18	<b>19</b> 01:14 AM	0.1 3	<b>4</b> 01:36 AM	0.7 21	<b>19</b> 02:47 AM	0.4 12	<b>4</b> 12:53 AM	0.7 21	<b>19</b> 03:26 AM	0.5 15
06:52 AM	4.8 146	07:09 AM	5.5 168	08:35 AM	5.1 155	08:50 AM	5.4 165	06:47 AM	5.1 155	09:32 AM	5.2 158
Sa 01:30 PM	0.8 24	Su 02:04 PM	0.1 3	Tu 02:43 PM	0.5 15	W 03:45 PM	0.0 0	W 02:08 PM	0.5 15	Th 04:20 PM	0.1 3
08:21 PM	4.3 131	07:42 PM	4.7 143	08:26 PM	4.1 125	09:27 PM	4.5 137	07:45 PM	4.1 125	10:08 PM	4.5 137
<b>5</b> 01:35 AM	0.7 21	<b>20</b> 02:11 AM	0.2 6	<b>5</b> 02:32 AM	0.7 21	<b>20</b> 03:45 AM	0.4 12	<b>5</b> 01:54 AM	0.7 21	<b>20</b> 04:23 AM	0.5 15
07:40 AM	5.0 152	08:08 AM	5.5 168	06:43 AM	5.2 158	09:48 AM	5.4 165	07:48 AM	5.2 158	10:30 AM	5.2 158
Su 02:26 PM	0.7 21	M 03:06 PM	-0.1 -3	W 03:40 PM	0.3 9	Th 04:40 PM	-0.1 -3	Th 03:07 PM	0.4 12	F 05:13 PM	0.1 3
08:16 PM	4.3 131	08:44 PM	4.6 140	09:20 PM	4.2 128	10:22 PM	4.5 137	08:42 PM	4.2 128	11:01 PM	4.6 140
<b>6</b> 02:25 AM	0.7 21	<b>21</b> 03:08 AM	0.3 9	<b>6</b> 03:28 AM	0.6 18	<b>21</b> 04:38 AM	0.4 12	<b>6</b> 02:57 AM	0.5 15	<b>21</b> 05:18 AM	0.4 12
08:27 AM	5.1 155	09:06 AM	5.6 171	09:21 AM	5.4 165	10:40 AM	5.4 165	08:48 AM	5.4 165	11:22 AM	5.2 158
M 03:21 PM	0.5 15	Tu 04:05 PM	-0.2 -6	Th 04:35 PM	0.1 3	F 05:29 PM	-0.1 -3	F 04:04 PM	0.2 6	Sa 06:01 PM	0.0 0
09:09 PM	4.3 131	09:43 PM	4.6 140	10:11 PM	4.3 131	11:10 PM	4.6 140	09:37 PM	4.4 134	11:48 PM	4.7 143
<b>7</b> 03:15 AM	0.7 21	<b>22</b> 04:04 AM	0.3 9	<b>7</b> 04:24 AM	0.4 12	<b>22</b> 05:28 AM	0.3 9	<b>7</b> 03:58 AM	0.3 9	<b>22</b> 06:08 AM	0.3 9
09:13 AM	5.3 162	10:01 AM	5.7 174	10:14 AM	5.6 171	11:26 AM	5.4 165	09:47 AM	5.6 171	12:07 PM	5.2 158
Tu 04:14 PM	0.3 9	W 04:59 PM	-0.3 -9	F 05:26 PM	-0.1 -3	Sa 06:13 PM	-0.1 -3	Sa 04:56 PM	-0.1 -3	Su 06:43 PM	0.0 0
09:59 PM	4.3 131	10:37 PM	4.6 140	10:59 PM	4.5 137	11:53 PM	4.7 143	10:29 PM	4.7 143		
<b>8</b> 04:05 AM	0.6 18	<b>23</b> 04:56 AM	0.3 9	<b>8</b> 05:17 AM	0.2 6	<b>23</b> 06:14 AM	0.3 9	<b>8</b> 05:56 AM	0.1 3	<b>23</b> 12:30 AM	4.9 149
09:58 AM	5.4 165	10:52 AM	5.7 174	09:21 AM	5.8 177	12:07 PM	5.4 165	11:41 AM	5.8 177	06:54 AM	0.3 9
W 05:04 PM	0.1 3	Th 05:50 PM	-0.3 -9	Sa 06:15 PM	-0.3 -9	Su 06:54 PM	-0.1 -3	Su 06:46 PM	-0.3 -9	M 12:48 PM	5.1 155
10:45 PM	4.4 134	11:26 PM	4.7 143	11:44 PM	4.7 143					07:22 PM	0.1 3
<b>9</b> 04:54 AM	0.5 15	<b>24</b> 05:46 AM	0.3 9	<b>9</b> 06:09 AM	0.0 0	<b>24</b> 12:33 AM	4.8 146	<b>9</b> 12:17 AM	5.0 152	<b>24</b> 01:07 AM	5.0 152
10:42 AM	5.6 171	11:39 AM	5.7 174	11:51 AM	6.0 183	06:58 AM	0.3 9	06:51 AM	-0.2 -6	07:37 AM	0.2 6
Th 05:53 PM	-0.1 -3	F 06:37 PM	-0.3 -9	Su 07:02 PM	-0.4 -12	M 12:46 PM	5.3 162	M 12:32 PM	5.9 180	Tu 01:26 PM	5.0 152
11:28 PM	4.5 137	0 06:37 PM	-0.3 -9	0 07:02 PM	-0.4 -12	07:32 PM	0.0 0	0 07:33 PM	-0.5 -15	0 07:58 PM	0.2 6
<b>10</b> 05:41 AM	0.4 12	<b>25</b> 12:12 AM	4.7 143	<b>10</b> 12:29 AM	4.9 149	<b>25</b> 01:11 AM	4.8 146	<b>10</b> 01:04 AM	5.3 162	<b>25</b> 01:41 AM	5.0 152
11:25 AM	5.8 177	06:33 AM	0.3 9	07:02 AM	-0.1 -3	07:40 AM	0.3 9	07:46 AM	-0.4 -12	08:18 AM	0.2 6
F 06:40 PM	-0.2 -6	Sa 12:23 PM	5.6 171	M 12:39 PM	6.0 183	Tu 01:25 PM	5.1 155	Tu 01:22 PM	5.9 180	W 02:03 PM	4.9 149
0 06:40 PM	-0.2 -6	07:21 PM	-0.2 -6	07:48 PM	-0.5 -15	08:07 PM	0.1 3	08:20 PM	-0.5 -15	08:32 PM	0.2 6
<b>11</b> 12:10 AM	4.5 137	<b>26</b> 12:55 AM	4.7 143	<b>11</b> 01:16 AM	5.1 155	<b>26</b> 01:47 AM	4.9 149	<b>11</b> 01:51 AM	5.5 168	<b>26</b> 02:13 AM	5.1 155
06:29 AM	0.3 9	07:17 AM	0.4 12	07:54 AM	-0.2 -6	08:20 AM	0.3 9	08:39 AM	-0.6 -18	08:58 AM	0.1 3
Sa 12:09 PM	6.0 183	Su 01:05 PM	5.5 168	Tu 01:29 PM	5.9 180	W 02:03 PM	5.0 152	W 02:13 PM	5.8 177	Th 02:39 PM	4.8 146
07:27 PM	-0.3 -9	08:02 PM	-0.1 -3	08:34 PM	-0.5 -15	08:41 PM	0.2 6	09:06 PM	-0.5 -15	09:06 PM	0.3 9
<b>12</b> 12:53 AM	4.6 140	<b>27</b> 01:37 AM	4.7 143	<b>12</b> 02:04 AM	5.3 162	<b>27</b> 02:21 AM	4.9 149	<b>12</b> 02:39 AM	5.7 174	<b>27</b> 02:44 AM	5.2 158
07:18 AM	0.2 6	08:01 AM	0.4 12	08:48 AM	-0.3 -9	09:00 AM	0.3 9	09:33 AM	-0.6 -18	09:37 AM	0.1 3
Su 12:54 PM	6.0 183	M 01:46 PM	5.3 162	W 02:21 PM	5.8 177	Th 02:42 PM	4.8 146	Th 03:06 PM	5.6 171	F 03:16 PM	4.7 143
08:13 PM	-0.4 -12	08:41 PM	0.0 0	09:20 PM	-0.5 -15	09:14 PM	0.3 9	09:53 PM	-0.5 -15	09:38 PM	0.4 12
<b>13</b> 01:38 AM	4.7 143	<b>28</b> 02:19 AM	4.7 143	<b>13</b> 02:55 AM	5.4 165	<b>28</b> 02:56 AM	5.0 152	<b>13</b> 03:29 AM	5.8 177	<b>28</b> 03:15 AM	5.2 158
08:09 AM	0.1 3	08:43 AM	0.5 15	09:42 AM	-0.3 -9	09:40 AM	0.4 12	10:27 AM	-0.6 -18	10:16 AM	0.2 6
M 01:43 PM	6.0 183	Tu 02:28 PM	5.1 155	Th 03:16 PM	5.5 168	F 03:22 PM	4.6 140	F 04:01 PM	5.3 162	Sa 03:55 PM	4.5 137
08:59 PM	-0.4 -12	09:17 PM	0.1 3	10:07 PM	-0.3 -9	09:46 PM	0.4 12	10:40 PM	-0.3 -9	10:11 PM	0.5 15
<b>14</b> 02:26 AM	4.9 149	<b>29</b> 02:59 AM	4.7 143	<b>14</b> 03:47 AM	5.5 168	<b>29</b> 03:31 AM	5.0 152	<b>14</b> 04:22 AM	5.7 174	<b>29</b> 03:49 AM	5.2 158
09:01 AM	0.1 3	09:25 AM	0.6 18	10:39 AM	-0.2 -6	10:23 AM	0.4 12	11:22 AM	-0.4 -12	10:57 AM	0.3 9
Tu 02:35 PM	5.8 177	W 03:10 PM	4.9 149	F 04:14 PM	5.2 158	Sa 04:06 PM	4.5 137	Sa 04:58 PM	5.0 152	Su 04:36 PM	4.4 134
09:45 PM	-0.3 -9	09:53 PM	0.3 9	10:57 PM	-0.1 -3	10:22 PM	0.5 15	11:31 PM	0.0 0	10:47 PM	0.6 18
<b>15</b> 03:18 AM	5.0 152	<b>30</b> 03:40 AM	4.8 146	<b>15</b> 04:44 AM	5.5 168	<b>15</b> 05:18 AM	5.6 171	<b>15</b> 05:18 AM	5.6 171	<b>30</b> 04:28 AM	5.2 158
09:56 AM	0.1 3	10:09 AM	0.6 18	11:40 AM	-0.1 -3	12:20 PM	-0.2 -6	12:20 PM	-0.2 -6	11:43 AM	0.3 9
W 03:30 PM	5.6 171	Th 03:55 PM	4.7 143	Sa 05:17 PM	4.9 149	Su 05:59 PM	4.8 146	Su 05:59 PM	4.8 146	M 05:21 PM	4.3 131
10:33 PM	-0.3 -9	10:29 PM	0.4 12	11:51 PM	0.1 3					11:29 PM	0.7 21
		<b>31</b> 04:21 AM	4.8 146							<b>31</b> 05:14 AM	5.2 158
		10:57 AM	0.7 21							12:36 PM	0.4 12
		F 04:44 PM	4.5 137							Tu 06:13 PM	4.2 128
		11:08 PM	0.5 15								

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.



Chatham, Lydia Cove, MA,2020

Times and Heights of High and Low Waters

April				May				June			
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm
<b>1</b> 12:19 AM	0.7 21	<b>16</b> 02:00 AM	0.7 21	<b>1</b> 01:00 AM	0.7 21	<b>16</b> 02:30 AM	0.8 24	<b>1</b> 03:00 AM	0.4 12	<b>16</b> 03:46 AM	0.7 21
06:08 AM	5.2 158	08:04 AM	5.1 155	06:45 AM	5.3 162	08:31 AM	4.9 149	08:35 AM	5.2 158	09:39 AM	4.5 137
W 01:35 PM	0.5 15	Th 02:53 PM	0.2 6	F 02:06 PM	0.3 9	Sa 03:07 PM	0.3 9	M 03:26 PM	0.1 3	Tu 03:52 PM	0.6 18
☉ 07:11 PM	4.1 125	08:45 PM	4.5 137	07:43 PM	4.5 137	09:07 PM	4.8 146	09:12 PM	5.5 168	09:58 PM	5.2 158
<b>2</b> 01:20 AM	0.7 21	<b>17</b> 03:00 AM	0.7 21	<b>2</b> 02:08 AM	0.6 18	<b>17</b> 03:27 AM	0.7 21	<b>2</b> 04:03 AM	0.2 6	<b>17</b> 04:38 AM	0.6 18
08:11 AM	5.2 158	09:05 AM	5.0 152	07:51 AM	5.3 162	09:26 AM	4.8 146	09:37 AM	5.1 155	10:30 AM	4.5 137
Th 02:35 PM	0.4 12	F 03:47 PM	0.2 6	Sa 03:02 PM	0.2 6	Su 03:55 PM	0.4 12	Tu 04:19 PM	0.1 3	W 04:38 PM	0.7 21
08:10 PM	4.2 128	09:41 PM	4.6 140	08:41 PM	4.7 143	09:56 PM	5.0 152	10:07 PM	5.8 177	10:41 PM	5.3 162
<b>3</b> 02:26 AM	0.7 21	<b>18</b> 03:58 AM	0.6 18	<b>3</b> 03:14 AM	0.4 12	<b>18</b> 04:22 AM	0.6 18	<b>3</b> 05:04 AM	-0.1 -3	<b>18</b> 05:29 AM	0.4 12
08:20 AM	5.3 162	09:04 AM	5.0 152	08:55 AM	5.3 162	10:19 AM	4.7 143	10:37 AM	5.1 155	11:18 AM	4.5 137
F 03:34 PM	0.3 9	Sa 04:38 PM	0.2 6	Su 03:57 PM	0.1 3	M 04:40 PM	0.4 12	W 05:13 PM	0.0 0	Th 05:23 PM	0.7 21
09:09 PM	4.4 134	10:33 PM	4.8 146	09:37 PM	5.0 152	10:42 PM	5.1 155	11:00 PM	6.0 183	11:22 PM	5.4 165
<b>4</b> 03:32 AM	0.5 15	<b>19</b> 04:53 AM	0.5 15	<b>4</b> 04:19 AM	0.2 6	<b>19</b> 05:13 AM	0.5 15	<b>4</b> 06:02 AM	-0.3 -9	<b>19</b> 06:17 AM	0.3 9
10:21 AM	5.4 165	10:54 AM	4.9 149	09:57 AM	5.3 162	11:08 AM	4.7 143	11:34 AM	5.1 155	12:03 PM	4.5 137
Sa 04:31 PM	0.1 3	Su 05:24 PM	0.2 6	M 04:51 PM	0.0 0	Tu 05:23 PM	0.5 15	Th 06:05 PM	0.0 0	F 06:08 PM	0.7 21
10:06 PM	4.6 140	11:19 PM	4.9 149	10:32 PM	5.4 165	11:23 PM	5.2 158	11:52 PM	6.2 189		
<b>5</b> 04:36 AM	0.2 6	<b>20</b> 05:43 AM	0.4 12	<b>5</b> 05:20 AM	-0.1 -3	<b>20</b> 06:01 AM	0.3 9	<b>5</b> 06:57 AM	-0.5 -15	<b>20</b> 12:00 AM	5.5 168
10:59 AM	5.0 152	11:41 AM	4.9 149	10:52 AM	5.3 162	11:53 AM	4.6 140	12:28 PM	5.1 155	07:03 AM	0.2 6
Su 05:24 PM	-0.1 -3	M 06:06 PM	0.3 9	Tu 05:42 PM	-0.1 -3	W 06:05 PM	0.5 15	F 06:57 PM	0.1 3	Sa 12:44 PM	4.5 137
10:59 PM	5.0 152			11:24 PM	5.8 177					06:51 PM	0.7 21
<b>6</b> 05:37 AM	-0.1 -3	<b>21</b> 12:00 AM	5.1 155	<b>6</b> 06:18 AM	-0.4 -12	<b>21</b> 12:00 AM	5.3 162	<b>6</b> 12:41 AM	6.2 189	<b>21</b> 12:36 AM	5.6 171
11:18 AM	5.6 171	06:30 AM	0.2 6	11:52 AM	5.4 165	06:46 AM	0.2 6	07:50 AM	-0.5 -15	07:48 AM	0.1 3
M 06:14 PM	-0.3 -9	Tu 12:23 PM	4.9 149	W 06:32 PM	-0.2 -6	Th 12:34 PM	4.6 140	Sa 01:20 PM	5.0 152	Su 01:24 PM	4.5 137
11:50 PM	5.4 165	06:45 PM	0.3 9			06:44 PM	0.6 18	07:48 PM	0.1 3	● 07:34 PM	0.7 21
<b>7</b> 06:34 AM	-0.3 -9	<b>22</b> 12:36 AM	5.2 158	<b>7</b> 12:13 AM	6.0 183	<b>22</b> 12:34 AM	5.4 165	<b>7</b> 01:31 AM	6.2 189	<b>22</b> 01:14 AM	5.7 174
12:12 PM	5.7 174	07:13 AM	0.1 3	07:13 AM	-0.6 -18	07:30 AM	0.1 3	08:42 AM	-0.5 -15	08:33 AM	0.0 0
Tu 07:02 PM	-0.4 -12	W 01:02 PM	4.8 146	Th 12:45 PM	5.3 162	F 01:13 PM	4.6 140	Su 02:11 PM	4.9 149	M 02:03 PM	4.5 137
		07:22 PM	0.4 12	● 07:22 PM	-0.2 -6	● 07:23 PM	0.6 18	08:38 PM	0.2 6	08:18 PM	0.6 18
<b>8</b> 12:38 AM	5.7 174	<b>23</b> 01:08 AM	5.3 162	<b>8</b> 01:02 AM	6.2 189	<b>23</b> 01:06 AM	5.5 168	<b>8</b> 02:21 AM	6.0 183	<b>23</b> 01:53 AM	5.8 177
07:29 AM	-0.6 -18	07:55 AM	0.1 3	08:07 AM	-0.7 -21	08:12 AM	0.0 0	09:32 AM	-0.4 -12	09:17 AM	0.0 0
W 01:04 PM	5.6 171	Th 01:39 PM	4.7 143	F 01:37 PM	5.2 158	Sa 01:51 PM	4.5 137	M 03:04 PM	4.8 146	Tu 02:44 PM	4.5 137
07:50 PM	-0.4 -12	● 07:57 PM	0.4 12	08:11 PM	-0.1 -3	08:02 PM	0.7 21	09:28 PM	0.3 9	09:04 PM	0.6 18
<b>9</b> 01:26 AM	6.0 183	<b>24</b> 01:39 AM	5.3 162	<b>9</b> 01:50 AM	6.2 189	<b>24</b> 01:39 AM	5.5 168	<b>9</b> 03:13 AM	5.8 177	<b>24</b> 02:37 AM	5.8 177
08:23 AM	-0.7 -21	08:35 AM	0.0 0	08:59 AM	-0.7 -21	08:55 AM	0.0 0	10:21 AM	-0.3 -9	10:02 AM	0.0 0
Th 01:56 PM	5.5 168	F 02:16 PM	4.6 140	Sa 02:30 PM	5.1 155	Su 02:28 PM	4.4 134	Tu 03:58 PM	4.7 143	W 03:28 PM	4.5 137
08:38 PM	-0.4 -12	08:33 PM	0.5 15	09:01 PM	0.0 0	09:01 PM	0.0 0	10:18 PM	0.5 15	09:51 PM	0.6 18
<b>10</b> 02:14 AM	6.1 186	<b>25</b> 02:09 AM	5.4 165	<b>10</b> 02:41 AM	6.1 186	<b>25</b> 02:14 AM	5.6 171	<b>10</b> 04:06 AM	5.6 171	<b>25</b> 03:24 AM	5.8 177
09:17 AM	-0.8 -24	09:15 AM	0.0 0	09:51 AM	-0.6 -18	09:37 AM	0.0 0	11:09 AM	-0.1 -3	10:46 AM	0.0 0
F 02:49 PM	5.4 165	Sa 02:52 PM	4.5 137	Su 03:24 PM	5.0 152	M 03:07 PM	4.4 134	W 04:52 PM	4.7 143	Th 04:15 PM	4.6 140
09:26 PM	-0.3 -9	09:08 PM	0.6 18	09:51 PM	0.1 3	09:22 PM	0.7 21	11:09 PM	0.7 21	10:42 PM	0.5 15
<b>11</b> 03:04 AM	6.0 183	<b>26</b> 02:41 AM	5.4 165	<b>11</b> 03:34 AM	5.9 180	<b>26</b> 02:54 AM	5.6 171	<b>11</b> 05:00 AM	5.4 165	<b>26</b> 04:16 AM	5.7 174
10:09 AM	-0.7 -21	09:56 AM	0.1 3	10:43 AM	-0.4 -12	10:21 AM	0.1 3	11:57 AM	0.1 3	11:32 AM	0.0 0
Sa 03:43 PM	5.1 155	Su 03:30 PM	4.4 134	M 04:20 PM	4.8 146	Tu 03:49 PM	4.4 134	Th 05:47 PM	4.7 143	F 05:05 PM	4.8 146
10:15 PM	-0.1 -3	09:44 PM	0.6 18	10:42 PM	0.3 9	10:05 PM	0.7 21			11:37 PM	0.5 15
<b>12</b> 03:57 AM	5.9 180	<b>27</b> 03:16 AM	5.4 165	<b>12</b> 04:30 AM	5.6 171	<b>27</b> 03:39 AM	5.7 174	<b>12</b> 12:02 AM	0.8 24	<b>27</b> 05:12 AM	5.6 171
11:03 AM	-0.5 -15	10:38 AM	0.1 3	11:35 AM	-0.2 -6	11:06 AM	0.1 3	05:57 AM	5.1 155	12:21 PM	0.0 0
Su 04:40 PM	4.9 149	M 04:11 PM	4.4 134	Tu 05:18 PM	4.7 143	W 04:35 PM	4.4 134	F 12:45 PM	0.3 9	Sa 06:00 PM	5.0 152
11:06 PM	0.1 3	10:22 PM	0.6 18	11:35 PM	0.5 15	10:52 PM	0.7 21	06:42 PM	4.7 143		
<b>13</b> 04:53 AM	5.7 174	<b>28</b> 03:58 AM	5.5 168	<b>13</b> 05:28 AM	5.4 165	<b>28</b> 04:29 AM	5.6 171	<b>13</b> 12:58 AM	0.9 27	<b>28</b> 12:38 AM	0.5 15
11:59 AM	-0.3 -9	11:23 AM	0.2 6	12:29 PM	0.0 0	11:54 AM	0.1 3	06:54 AM	4.9 149	06:12 AM	5.4 165
M 05:40 PM	4.7 143	Tu 04:55 PM	4.3 131	W 06:17 PM	4.6 140	Th 05:25 PM	4.5 137	Sa 01:33 PM	0.4 12	Su 01:12 PM	0.1 3
		11:06 PM	0.7 21			11:46 PM	0.7 21	● 07:35 PM	4.8 146	● 06:56 PM	5.3 162
<b>14</b> 12:01 AM	0.4 12	<b>29</b> 04:46 AM	5.4 165	<b>14</b> 12:32 AM	0.7 21	<b>29</b> 05:25 AM	5.5 168	<b>14</b> 01:55 AM	0.9 27	<b>29</b> 01:42 AM	0.4 12
05:54 AM	5.4 165	12:13 PM	0.3 9	06:30 AM	5.2 158	12:45 PM	0.2 6	07:51 AM	4.7 143	07:15 AM	5.2 158
Tu 12:57 PM	-0.1 -3	W 05:46 PM	4.3 131	Th 01:23 PM	0.2 6	F 06:21 PM	4.6 140	Su 02:20 PM	0.5 15	M 02:05 PM	0.1 3
☉ 06:43 PM	4.6 140	11:58 PM	0.7 21	● 07:17 PM	4.6 140			08:25 PM	5.0 152	07:54 PM	5.5 168
<b>15</b> 12:59 AM	0.6 18	<b>30</b> 05:42 AM	5.4 165	<b>15</b> 01:31 AM	0.8 24	<b>30</b> 12:48 AM	0.6 18	<b>15</b> 02:51 AM	0.8 24	<b>30</b> 02:45 AM	0.3 9
06:59 AM	5.2 158	01:09 PM	0.3 9	07:32 AM	5.0 152	06:27 AM	5.4 165	08:46 AM	4.6 140	08:18 AM	5.0 152
W 01:56 PM	0.1 3	Th 06:43 PM	4.3 131	F 02:16 PM	0.3 9	Sa 01:39 PM	0.2 6	M 03:06 PM	0.6 18	Tu 02:58 PM	0.2 6
07:45 PM	4.5 137	●		08:14 PM	4.7 143	● 07:19 PM	4.8 146	09:12 PM	5.1 155	08:50 PM	5.7 174
						<b>31</b> 01:55 AM	0.5 15				
						07:31 AM	5.3 162				
						Su 02:32 PM	0.1 3				
						08:16 PM	5.1 155				

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.



Chatham, Lydia Cove, MA,2020

Times and Heights of High and Low Waters

July				August				September																					
Time	Height			Time	Height			Time	Height			Time	Height																
h m	ft	cm		h m	ft	cm		h m	ft	cm		h m	ft	cm															
<b>1</b>	03:48 AM	0.1	3	<b>16</b>	04:00 AM	0.7	21	<b>1</b>	05:30 AM	0.0	0	<b>16</b>	05:12 AM	0.5	15	<b>1</b>	12:02 AM	5.7	174	<b>16</b>	06:20 AM	0.1	3						
	09:20 AM	4.9	149		09:49 AM	4.4	134		11:04 AM	4.8	146		10:51 AM	4.4	134		06:51 AM	0.1	3		11:53 AM	5.1	155		06:26 PM	0.2	6		
W	03:53 PM	0.2	6	Th	03:53 PM	0.8	24	Sa	05:26 PM	0.4	12	Su	05:00 PM	0.7	21	Tu	12:29 PM	5.0	152		06:53 PM	0.4	12						
	09:46 PM	5.9	180		09:56 PM	5.3	162		11:23 PM	5.9	180		10:54 PM	5.7	174		06:53 PM	0.4	12										
<b>2</b>	04:48 AM	0.0	0	<b>17</b>	04:54 AM	0.6	18	<b>2</b>	06:24 AM	0.0	0	<b>17</b>	06:04 AM	0.3	9	<b>2</b>	12:47 AM	5.7	174		07:34 AM	0.1	3	<b>17</b>	12:08 AM	5.9	180		
	11:18 AM	4.9	149		11:40 AM	4.4	134		11:57 AM	4.8	146		11:39 AM	4.6	140		07:34 AM	0.1	3		07:07 AM	0.0	0		07:07 AM	0.0	0		
Th	04:49 PM	0.2	6	F	04:43 PM	0.8	24	Su	06:20 PM	0.4	12	M	05:54 PM	0.6	18	W	01:12 PM	5.0	152		07:12 PM	5.4	165	Th	12:38 PM	5.4	165		
	10:41 PM	6.0	183		10:42 PM	5.5	168		07:10 PM	0.4	12		11:43 PM	5.8	177	○	07:40 PM	0.4	12		●	07:20 PM	0.0	0		●	07:20 PM	0.0	0
<b>3</b>	05:46 AM	-0.2	-6	<b>18</b>	05:45 AM	0.4	12	<b>3</b>	12:14 AM	5.9	180	<b>18</b>	06:53 AM	0.2	6	<b>3</b>	01:29 AM	5.6	171		08:14 AM	0.6	18	<b>18</b>	12:57 AM	6.0	183		
	11:18 AM	4.9	149		11:28 AM	4.4	134		07:14 AM	-0.1	-3		12:24 PM	4.7	143		08:14 AM	0.6	18		08:14 AM	0.6	18		07:53 AM	-0.1	-3		
F	05:44 PM	0.3	9	Sa	05:32 PM	0.8	24	M	12:47 PM	4.8	146	Tu	06:46 PM	0.4	12	Th	01:51 PM	5.1	155		08:24 PM	0.5	15	F	01:23 PM	5.7	174		
	11:35 PM	6.1	186		11:26 PM	5.6	171		07:10 PM	0.4	12						08:24 PM	0.5	15						08:13 PM	-0.2	-6		
<b>4</b>	06:41 AM	-0.2	-6	<b>19</b>	06:34 AM	0.3	9	<b>4</b>	01:02 AM	5.9	180	<b>19</b>	12:30 AM	6.0	183	<b>4</b>	02:10 AM	5.4	165		09:07 PM	0.5	15	<b>19</b>	01:47 AM	5.9	180		
	12:12 PM	4.9	149		12:12 PM	4.5	137		08:01 AM	0.0	0		07:39 AM	0.0	0		08:52 AM	0.3	9		09:07 PM	0.5	15		08:39 AM	-0.2	-6		
Sa	06:37 PM	0.3	9	Su	06:21 PM	0.7	21	Tu	01:33 PM	4.9	149	W	01:07 PM	4.9	149	F	02:29 PM	5.1	155		09:07 PM	0.5	15	Sa	02:10 PM	5.9	180		
									07:59 PM	0.5	15	●	07:38 PM	0.3	9		09:07 PM	0.5	15						09:07 PM	-0.3	-9		
<b>5</b>	12:26 AM	6.1	186	<b>20</b>	12:09 AM	5.8	177	<b>5</b>	01:47 AM	5.8	177	<b>20</b>	01:17 AM	6.1	186	<b>5</b>	02:50 AM	5.2	158		09:28 AM	0.5	15	<b>20</b>	02:38 AM	5.8	177		
	07:33 AM	-0.3	-9		07:22 AM	0.1	3		08:45 AM	0.0	0		08:25 AM	-0.1	-3		09:28 AM	0.5	15		09:28 AM	0.5	15		09:26 AM	-0.1	-3		
Su	01:03 PM	4.9	149	M	12:54 PM	4.5	137	W	02:18 PM	4.9	149	Th	01:51 PM	5.2	158	Sa	03:06 PM	5.2	158		09:48 PM	0.5	15	Su	02:59 PM	6.0	183		
○	07:28 PM	0.3	9	●	07:09 PM	0.6	18		08:45 PM	0.5	15		08:30 PM	0.1	3		09:48 PM	0.5	15						10:00 PM	-0.3	-9		
<b>6</b>	01:15 AM	6.1	186	<b>21</b>	12:52 AM	5.9	180	<b>6</b>	02:31 AM	5.6	171	<b>21</b>	02:05 AM	6.0	183	<b>6</b>	03:31 AM	5.0	152		10:02 AM	0.6	18	<b>21</b>	03:32 AM	5.6	171		
	08:23 AM	-0.3	-9		08:08 AM	0.0	0		09:26 AM	0.1	3		09:10 AM	-0.2	-6		10:02 AM	0.6	18		10:29 PM	0.6	18		10:14 AM	0.0	0		
M	01:53 PM	4.8	146	Tu	01:36 PM	4.6	140	Th	03:02 PM	4.9	149	F	02:37 PM	5.4	165	Su	03:43 PM	5.2	158		10:29 PM	0.6	18	M	03:51 PM	6.0	183		
	08:18 PM	0.4	12		07:57 PM	0.5	15		09:31 PM	0.6	18		09:23 PM	0.0	0		10:29 PM	0.6	18						10:55 PM	-0.2	-6		
<b>7</b>	02:04 AM	5.9	180	<b>22</b>	01:35 AM	6.0	183	<b>7</b>	03:16 AM	5.4	165	<b>22</b>	02:56 AM	5.9	180	<b>7</b>	04:13 AM	4.9	149		11:12 PM	0.7	21	<b>22</b>	04:29 AM	5.3	162		
	09:11 AM	-0.2	-6		08:53 AM	-0.1	-3		10:05 AM	0.3	9		09:55 AM	-0.2	-6		10:36 AM	0.7	21		11:12 PM	0.7	21		11:04 AM	0.1	3		
Tu	02:42 PM	4.8	146	W	02:19 PM	4.7	143	F	03:45 PM	5.0	152	Sa	03:26 PM	5.6	171	M	04:20 PM	5.2	158		11:12 PM	0.7	21	Tu	04:47 PM	5.9	180		
	09:07 PM	0.5	15		08:47 PM	0.4	12		10:15 PM	0.7	21		10:17 PM	0.0	0		11:12 PM	0.7	21						11:52 PM	-0.1	-3		
<b>8</b>	02:52 AM	5.8	177	<b>23</b>	02:22 AM	6.0	183	<b>8</b>	04:00 AM	5.2	158	<b>23</b>	03:49 AM	5.7	174	<b>8</b>	04:57 AM	4.7	143		11:58 PM	0.7	21	<b>23</b>	05:28 AM	5.1	155		
	09:56 AM	-0.1	-3		09:38 AM	-0.1	-3		10:42 AM	0.4	12		10:41 AM	-0.1	-3		11:12 AM	0.8	24		11:58 PM	0.7	21		11:58 AM	0.3	9		
W	03:32 PM	4.8	146	Th	03:04 PM	4.9	149	Sa	04:27 PM	5.0	152	Su	04:17 PM	5.7	174	Tu	04:59 PM	5.2	158		11:58 PM	0.7	21	W	05:47 PM	5.8	177		
	09:55 PM	0.6	18		09:38 PM	0.3	9		10:59 PM	0.7	21		11:12 PM	0.0	0		11:58 PM	0.7	21										
<b>9</b>	03:41 AM	5.5	168	<b>24</b>	03:11 AM	5.9	180	<b>9</b>	04:46 AM	5.0	152	<b>24</b>	04:45 AM	5.5	168	<b>9</b>	05:45 AM	4.6	140		11:52 AM	0.9	27	<b>24</b>	12:52 AM	0.1	3		
	10:39 AM	0.1	3		10:22 AM	-0.1	-3		11:18 AM	0.5	15		11:29 AM	0.0	0		11:52 AM	0.9	27		11:52 AM	0.9	27		06:32 AM	4.9	149		
Th	04:21 PM	4.8	146	F	03:52 PM	5.1	155	Su	05:10 PM	5.0	152	M	05:11 PM	5.8	177	W	05:44 PM	5.2	158		11:52 AM	0.9	27	Th	12:56 PM	0.5	15		
	10:42 PM	0.7	21		10:31 PM	0.3	9		11:46 PM	0.8	24													○	06:52 PM	5.6	171		
<b>10</b>	04:31 AM	5.3	162	<b>25</b>	04:03 AM	5.8	177	<b>10</b>	05:34 AM	4.8	146	<b>25</b>	12:10 AM	0.1	3	<b>10</b>	12:50 AM	0.8	24		11:52 AM	0.9	27	<b>25</b>	01:54 AM	0.2	6		
	11:21 AM	0.2	6		11:07 AM	-0.1	-3		11:57 AM	0.7	21		05:44 AM	5.2	158		06:37 AM	4.4	134		11:52 AM	0.9	27		07:37 AM	4.8	146		
F	05:10 PM	4.8	146	Sa	04:43 PM	5.3	162	M	05:53 PM	5.1	155	Tu	12:21 PM	0.2	6	Th	12:40 PM	1.0	30		11:52 AM	0.9	27	F	01:57 PM	0.6	18		
	11:31 PM	0.8	24		11:26 PM	0.3	9					○	06:10 PM	5.7	174	○	06:35 PM	5.2	158						07:59 PM	5.5	168		
<b>11</b>	05:21 AM	5.1	155	<b>26</b>	04:59 AM	5.6	171	<b>11</b>	12:36 AM	0.9	27	<b>26</b>	01:11 AM	0.2	6	<b>11</b>	01:47 AM	0.8	24		11:52 AM	0.9	27	<b>26</b>	02:54 AM	0.2	6		
	12:03 PM	0.4	12		11:55 AM	0.0	0		06:26 AM	4.6	140		06:47 AM	5.0	152		07:33 AM	4.4	134		11:52 AM	0.9	27		08:39 AM	4.8	146		
Sa	05:58 PM	4.9	149	Su	05:36 PM	5.4	165	Tu	12:39 PM	0.8	24	W	01:18 PM	0.4	12	F	01:36 PM	1.0	30		11:52 AM	0.9	27	Sa	03:58 PM	0.6	18		
								○	06:40 PM	5.1	155		07:12 PM	5.7	174		07:32 PM	5.2	158						09:03 PM	5.5	168		
<b>12</b>	12:22 AM	0.9	27	<b>27</b>	12:25 AM	0.3	9	<b>12</b>	01:30 AM	0.9	27	<b>27</b>	02:13 AM	0.2	6	<b>12</b>	02:45 AM	0.8	24		11:52 AM	0.9	27	<b>27</b>	03:53 AM	0.3	9		
	06:14 AM	4.9	149		05:59 AM	5.3	162		07:20 AM	4.5	137		07:51 AM	4.8	146		08:28 AM	4.4	134		11:52 AM	0.9	27		09:38 AM	4.8	146		
Su	12:46 PM	0.5	15	M	12:46 PM	0.1	3	W	01:27 PM	0.9	27	Th	02:17 PM	0.5	15	Sa	02:34 PM	0.9	27		11:52 AM	0.9	27	Su	03:57 PM	0.			



Chatham, Lydia Cove, MA,2020

Times and Heights of High and Low Waters

October					November					December														
Time	Height				Time	Height				Time	Height				Time	Height								
h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm					
<b>1</b>	12:29 AM	5.4	165	<b>16</b>	06:34 AM	0.0	0	<b>1</b>	01:25 AM	4.9	149	<b>16</b>	12:10 AM	5.4	165	<b>1</b>	12:38 AM	4.6	140	<b>16</b>	12:44 AM	5.0	152	
	07:02 AM	0.3	9		07:21 PM	5.9	180		06:41 AM	0.6	18		06:42 AM	-0.1	-3		06:46 AM	0.7	21		07:12 AM	0.0	0	
	Th 12:46 PM	5.3	162		F 07:02 PM	-0.3	-9		Su 12:23 PM	5.5	168		M 12:22 PM	6.4	195		Tu 12:26 PM	5.5	168		W 12:55 PM	6.2	189	
	O 07:19 PM	0.3	9		●				07:19 PM	0.2	6		07:32 PM	-0.7	-21		07:37 PM	0.1	3		08:07 PM	-0.6	-18	
<b>2</b>	01:09 AM	5.3	162	<b>17</b>	12:37 AM	5.7	174	<b>2</b>	01:02 AM	4.8	146	<b>17</b>	01:01 AM	5.3	162	<b>2</b>	01:14 AM	4.5	137	<b>17</b>	01:36 AM	5.0	152	
	F 01:22 PM	5.3	162		08:21 AM	-0.1	-3		07:16 AM	0.7	21		08:35 AM	0.0	0		07:24 AM	0.7	21		08:04 AM	0.1	3	
	08:02 PM	0.3	9		Sa 12:57 PM	6.1	186		M 12:54 PM	5.5	168		Tu 01:12 PM	6.3	192		W 12:59 PM	5.5	168		Th 01:47 PM	6.0	183	
					07:56 PM	-0.5	-15		07:59 PM	0.2	6		08:25 PM	-0.6	-18		08:18 PM	0.1	3		08:57 PM	-0.4	-12	
<b>3</b>	01:47 AM	5.2	158	<b>18</b>	01:28 AM	5.7	174	<b>3</b>	01:38 AM	4.7	143	<b>18</b>	01:55 AM	5.1	155	<b>3</b>	01:51 AM	4.5	137	<b>18</b>	02:30 AM	4.9	149	
	08:16 AM	0.5	15		08:09 AM	-0.1	-3		07:51 AM	0.8	24		08:25 AM	0.1	3		08:03 AM	0.7	21		08:55 AM	0.3	9	
	Sa 01:56 PM	5.4	165		Su 01:44 PM	6.3	192		Tu 01:25 PM	5.5	168		W 02:05 PM	6.1	186		Th 01:35 PM	5.6	171		F 02:40 PM	5.8	177	
	08:43 PM	0.3	9		08:50 PM	-0.6	-18		08:39 PM	0.3	9		09:18 PM	-0.4	-12		09:00 PM	0.1	3		09:45 PM	-0.3	-9	
<b>4</b>	02:25 AM	5.0	152	<b>19</b>	02:20 AM	5.5	168	<b>4</b>	02:16 AM	4.6	140	<b>19</b>	02:51 AM	5.0	152	<b>4</b>	02:30 AM	4.4	134	<b>19</b>	03:24 AM	4.8	146	
	08:50 AM	0.6	18		08:48 AM	-0.1	-3		09:27 AM	0.8	24		09:17 AM	0.3	9		08:44 AM	0.7	21		09:47 AM	0.4	12	
	Su 02:28 PM	5.4	165		M 02:34 PM	6.3	192		W 02:00 PM	5.5	168		Th 03:02 PM	5.9	180		F 02:16 PM	5.6	171		Sa 03:36 PM	5.5	168	
	09:23 PM	0.4	12		09:43 PM	-0.5	-15		09:20 PM	0.3	9		10:10 PM	-0.2	-6		09:42 PM	0.2	6		10:34 PM	-0.1	-3	
<b>5</b>	03:04 AM	4.9	149	<b>20</b>	03:14 AM	5.4	165	<b>5</b>	02:55 AM	4.5	137	<b>20</b>	03:49 AM	4.8	146	<b>5</b>	03:12 AM	4.4	134	<b>20</b>	04:20 AM	4.8	146	
	09:24 AM	0.7	21		09:48 AM	0.1	3		09:05 AM	0.9	27		10:11 AM	0.5	15		09:28 AM	0.7	21		10:41 AM	0.6	18	
	M 03:01 PM	5.4	165		Tu 03:27 PM	6.1	186		Th 02:39 PM	5.4	165		F 04:01 PM	5.6	171		Sa 03:03 PM	5.5	168		Su 04:33 PM	5.2	158	
	10:02 PM	0.4	12		10:37 PM	-0.4	-12		10:03 PM	0.4	12		11:05 PM	0.0	0		10:27 PM	0.3	9		11:23 PM	0.1	3	
<b>6</b>	03:43 AM	4.7	143	<b>21</b>	04:11 AM	5.2	158	<b>6</b>	03:38 AM	4.4	134	<b>21</b>	04:49 AM	4.7	143	<b>6</b>	03:58 AM	4.4	134	<b>21</b>	05:16 AM	4.8	146	
	09:58 AM	0.8	24		10:40 AM	0.2	6		09:47 AM	0.9	27		11:09 AM	0.6	18		10:19 AM	0.8	24		11:38 AM	0.7	21	
	Tu 03:35 PM	5.3	162		W 04:23 PM	5.9	180		F 03:24 PM	5.4	165		Sa 05:04 PM	5.3	162		Su 03:55 PM	5.4	165		M 05:32 PM	4.9	149	
	10:43 PM	0.5	15		11:32 PM	-0.2	-6		10:50 PM	0.5	15						11:15 PM	0.3	9		●			
<b>7</b>	04:24 AM	4.6	140	<b>22</b>	05:10 AM	5.0	152	<b>7</b>	04:25 AM	4.4	134	<b>22</b>	12:00 AM	0.1	3	<b>7</b>	04:50 AM	4.6	140	<b>22</b>	12:13 AM	0.3	9	
	10:34 AM	0.9	27		11:35 AM	0.4	12		10:36 AM	0.9	27		05:51 AM	4.7	143		11:18 AM	0.7	21		06:12 AM	4.8	146	
	W 04:13 PM	5.3	162		Th 05:24 PM	5.7	174		Sa 04:17 PM	5.4	165		Su 12:09 PM	0.7	21		M 04:54 PM	5.3	162		Tu 12:37 PM	0.8	24	
	11:27 PM	0.6	18		●				11:43 PM	0.5	15		●	06:09 PM	5.1	155					06:33 PM	4.7	143	
<b>8</b>	05:09 AM	4.5	137	<b>23</b>	12:30 AM	0.0	0	<b>8</b>	05:19 AM	4.4	134	<b>23</b>	12:54 AM	0.3	9	<b>8</b>	12:07 AM	0.3	9	<b>23</b>	01:02 AM	0.5	15	
	11:14 AM	0.9	27		06:13 AM	4.8	146		11:35 AM	0.9	27		06:51 AM	4.8	146		05:47 AM	4.8	146		07:05 AM	4.9	149	
	Th 04:57 PM	5.3	162		F 12:34 PM	0.6	18		Su 05:18 PM	5.3	162		M 01:10 PM	0.8	24		Tu 12:24 PM	0.7	21		W 01:35 PM	0.7	21	
					●	06:31 PM	5.5	168		●			07:11 PM	5.0	152		●	05:59 PM	5.1	155		07:30 PM	4.6	140
<b>9</b>	12:17 AM	0.7	21	<b>24</b>	01:30 AM	0.2	6	<b>9</b>	12:39 AM	0.5	15	<b>24</b>	01:47 AM	0.4	12	<b>9</b>	01:00 AM	0.3	9	<b>24</b>	01:50 AM	0.6	18	
	05:58 AM	4.4	134		07:18 AM	4.7	143		06:17 AM	4.5	137		07:46 AM	4.9	149		06:44 AM	5.0	152		07:55 AM	5.0	152	
	F 12:03 PM	1.0	30		Sa 01:36 PM	0.7	21		M 12:41 PM	0.8	24		Tu 02:09 PM	0.7	21		W 01:30 PM	0.5	15		Th 02:31 PM	0.6	18	
	05:49 PM	5.3	162		07:38 PM	5.3	162		06:23 PM	5.3	162		08:09 PM	4.9	149		07:04 PM	5.0	152		08:26 PM	4.5	137	
<b>10</b>	01:13 AM	0.7	21	<b>25</b>	02:28 AM	0.3	9	<b>10</b>	01:34 AM	0.4	12	<b>25</b>	02:36 AM	0.4	12	<b>10</b>	01:54 AM	0.2	6	<b>25</b>	02:37 AM	0.7	21	
	06:53 AM	4.3	131		08:19 AM	4.8	146		07:14 AM	4.8	146		08:37 AM	5.1	155		07:40 AM	5.3	162		08:43 AM	5.1	155	
	Sa 01:00 PM	1.0	30		Su 02:37 PM	0.7	21		Tu 01:47 PM	0.7	21		W 03:05 PM	0.6	18		Th 02:33 PM	0.3	9		F 03:25 PM	0.5	15	
	● 06:50 PM	5.3	162		08:42 PM	5.3	162		07:28 PM	5.3	162		09:03 PM	4.8	146		08:07 PM	5.0	152		09:18 PM	4.4	134	
<b>11</b>	02:11 AM	0.7	21	<b>26</b>	03:24 AM	0.3	9	<b>11</b>	02:28 AM	0.3	9	<b>26</b>	03:23 AM	0.5	15	<b>11</b>	02:48 AM	0.2	6	<b>26</b>	03:24 AM	0.7	21	
	07:51 AM	4.4	134		09:17 AM	4.9	149		08:10 AM	5.1	155		09:24 AM	5.2	158		08:36 AM	5.7	174		09:29 AM	5.2	158	
	Su 02:04 PM	0.9	27		M 03:36 PM	0.6	18		W 02:51 PM	0.4	12		Th 03:58 PM	0.4	12		F 03:35 PM	0.0	0		Sa 04:15 PM	0.3	9	
	07:54 PM	5.3	162		09:40 PM	5.2	158		08:30 PM	5.3	162		09:53 PM	4.8	146		09:08 PM	5.0	152		10:08 PM	4.4	134	
<b>12</b>	03:08 AM	0.6	18	<b>27</b>	04:15 AM	0.3	9	<b>12</b>	03:21 AM	0.2	6	<b>27</b>	04:07 AM	0.5	15	<b>12</b>	03:42 AM	0.1	3	<b>27</b>	04:10 AM	0.7	21	
	08:47 AM	4.5	137		10:10 AM	5.0	152		09:03 AM	5.5	168		10:07 AM	5.4	165		09:30 AM	6.0	183		10:11 AM	5.3	162	
	M 03:08 PM	0.8	24		Tu 10:33 PM	0.5	15		Th 03:52 PM	0.1	3		F 04:46 AM	0.3	9		Sa 04:34 PM	-0.3	-9		Su 05:03 PM	0.2	6	
	08:56 PM	5.4	165		10:34 PM	5.2	158		09:29 PM	5.3	162		10:39 PM	4.7	143		10:06 PM	5.0	152		10:53 PM	4.5	137	
<b>13</b>	04:03 AM	0.5	15	<b>28</b>	05:03 AM	0.3	9	<b>13</b>	04:12 AM	0.1	3	<b>28</b>	04:49 AM	0.6	18	<b>13</b>	04:36 AM	0.0	0	<b>28</b>	04:55 AM	0.7	21	
	09:41 AM	4.8	146		10:57 AM	5.2	158		09:55 AM	5.8	177		10:46 AM	5.4	165		10:23 AM	6.2	189		10:51 AM	5.4	165	
	Tu 04:10 PM	0.5	15		W 05:25 PM	0.4	12		F 04:50 PM	-0.2	-6		Sa 05:31 PM	0.1	3		Su 05:30 PM	-0.5	-15		M 05:48 PM	0.1	3	
	09:55 PM	5.5	168		11:22 PM	5.1	155		10:25 PM	5.4	165		11:22 PM	4.7	143		11:01 PM	5.1	155		11:34 PM	4.5	137	
<b>14</b>	04:56 AM	0.3	9	<b>29</b>	05:47 AM	0.4	12	<b>14</b>	05:03 AM	0.0	0	<b>29</b>	05:29 AM	0.6	18	<b>14</b>	05:29 AM	0.0	0					