

2008 JANUARY 2008 2008 JANUARY 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
			HIGH 9:33 Height 9.7 LOW 3:16 Height 1.7 Sunrise 7:14	SUNDAY 6	HIGH 10:15 Height 8.4 LOW 4:00 Height 0.5 Sunset 4:27
			HIGH 10:18 Height 10.0 LOW 4:00 Height 1.5 Sunrise 7:14	MONDAY 7	HIGH 10:56 Height 8.6 LOW 4:41 Height 0.2 Sunset 4:28
HIGH 5:26 Height 9.0 LOW 11:43 Height 1.5 Sunrise 7:14	TUESDAY 1	HIGH 5:56 Height 8.2 LOW 11:57 Height 1.7 Sunset 4:22	HIGH 10:57 Height 10.2 LOW 4:43 Height 1.2 Sunrise 7:14	TUESDAY 8	HIGH 11:35 Height 8.8 LOW 5:21 Height 0.0 Sunset 4:29
HIGH 6:18 Height 9.0 LOW — Height — Sunrise 7:14	WEDNESDAY 2	HIGH 6:54 Height 8.0 LOW 12:42 Height 1.4 Sunset 4:23	HIGH 11:37 Height 10.4 LOW 5:24 Height 1.0 Sunrise 7:14	WEDNESDAY 9	HIGH — Height — LOW 6:00 Height -0.3 Sunset 4:30
HIGH 7:10 Height 9.1 LOW 12:50 Height 1.9 Sunrise 7:14	THURSDAY 3	HIGH 7:51 Height 7.9 LOW 1:38 Height 1.3 Sunset 4:24	HIGH 12:14 Height 9.0 LOW 6:06 Height 0.7 Sunrise 7:13	THURSDAY 10	HIGH 12:58 Height 10.4 LOW 7:19 Height -0.5 Sunset 4:32
HIGH 8:00 Height 9.2 LOW 1:41 Height 2.0 Sunrise 7:14	FRIDAY 4	HIGH 8:43 Height 8.0 LOW 2:30 Height 1.1 Sunset 4:25	HIGH 12:52 Height 9.3 LOW 6:49 Height 0.6 Sunrise 7:13	FRIDAY 11	HIGH 1:41 Height 10.3 LOW 8:01 Height -0.4 Sunset 4:33
HIGH 8:48 Height 9.4 LOW 2:30 Height 1.9 Sunrise 7:14	SATURDAY 5	HIGH 9:31 Height 8.2 LOW 3:17 Height 0.8 Sunset 4:26	HIGH 1:32 Height 9.5 LOW 7:33 Height 0.4 Sunrise 7:13	SATURDAY 12	
	JANUARY			JANUARY	

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 2:14 Height 9.7 LOW 8:21 Height 0.3 Sunrise 7:12	SUNDAY 13	HIGH 2:28 Height 10.1 LOW 8:46 Height -0.3 Sunset 4:34	HIGH 8:44 Height 11.0 LOW 2:25 Height 0.4 Sunrise 7:09	SUNDAY 20	HIGH 9:29 Height 9.3 LOW 3:15 Height -0.8 Sunset 4:43
HIGH 2:59 Height 9.9 LOW 9:12 Height 0.3 Sunrise 7:12	MONDAY 14	HIGH 3:19 Height 9.7 LOW 9:34 Height 0.0 Sunset 4:36	HIGH 9:42 Height 11.2 LOW 3:23 Height 0.2 Sunrise 7:08	MONDAY 21	HIGH 10:25 Height 9.6 LOW 4:10 Height -1.0 Sunset 4:44
HIGH 3:48 Height 10.1 LOW 10:07 Height 0.3 Sunrise 7:12	TUESDAY 15	HIGH 4:14 Height 9.4 LOW 10:26 Height 0.3 Sunset 4:37	HIGH 10:36 Height 11.4 LOW 4:19 Height 0.3 Sunrise 7:08	TUESDAY 22	HIGH 11:17 Height 9.8 LOW 5:01 Height -1.2 Sunset 4:45
HIGH 4:42 Height 10.2 LOW 11:07 Height 0.2 Sunrise 7:11	WEDNESDAY 16	HIGH 5:15 Height 9.0 LOW 11:23 Height 0.5 Sunset 4:39	HIGH 11:28 Height 11.3 LOW 5:11 Height -0.3 Sunrise 7:07	WEDNESDAY 23	HIGH — Height — LOW 5:49 Height -1.2 Sunset 4:47
HIGH 5:39 Height 10.3 LOW — Height — Sunrise 7:11	THURSDAY 17	HIGH 6:19 Height 8.8 LOW 12:09 Height 0.1 Sunset 4:39	HIGH 12:05 Height 10.0 LOW 6:00 Height -0.3 Sunrise 7:06	THURSDAY 24	HIGH 12:16 Height 11.1 LOW 6:35 Height -1.0 Sunset 4:48
HIGH 6:40 Height 10.5 LOW 12:23 Height 0.6 Sunrise 7:10	FRIDAY 18	HIGH 7:24 Height 8.8 LOW 1:13 Height -0.1 Sunset 4:40	HIGH 12:50 Height 10.0 LOW 6:48 Height -0.2 Sunrise 7:05	FRIDAY 25	HIGH 1:03 Height 10.7 LOW 7:19 Height -0.6 Sunset 4:49
HIGH 7:42 Height 10.7 LOW 1:25 Height 0.6 Sunrise 7:09	SATURDAY 19	HIGH 8:29 Height 9.0 LOW 2:16 Height -0.4 Sunset 4:42	HIGH 1:34 Height 9.9 LOW 7:36 Height 0.1 Sunrise 7:04	SATURDAY 26	HIGH 1:49 Height 10.2 LOW 8:02 Height -0.1 Sunset 4:50
	JANUARY			JANUARY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008 JAN-FEB 2008 2008 FEBRUARY 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 2:17 Height 9.7 LOW 8:23 Height 0.4 Sunrise 7:04	SUNDAY 27	HIGH 2:35 Height 9.6 LOW 8:45 Height 0.4 Sunset 4:52	HIGH 8:14 Height 9.2 LOW 1:54 Height 2.1 Sunrise 6:57	SUNDAY 3	HIGH 8:58 Height 8.0 LOW 2:43 Height 1.1 Sunset 5:01
HIGH 3:01 Height 9.5 LOW 9:12 Height 0.8 Sunrise 7:03	MONDAY 28	HIGH 3:23 Height 8.9 LOW 9:30 Height 1.0 Sunset 4:53	HIGH 9:04 Height 9.5 LOW 2:45 Height 1.7 Sunrise 6:56	MONDAY 4	HIGH 9:45 Height 8.3 LOW 3:30 Height 0.6 Sunset 5:02
HIGH 3:46 Height 9.2 LOW 10:03 Height 1.2 Sunrise 7:02	TUESDAY 29	HIGH 4:14 Height 8.4 LOW 10:17 Height 1.5 Sunset 4:54	HIGH 9:49 Height 9.9 LOW 3:32 Height 1.3 Sunrise 6:55	TUESDAY 5	HIGH 10:27 Height 8.8 LOW 4:12 Height 0.2 Sunset 5:03
HIGH 4:35 Height 9.0 LOW 10:57 Height 1.5 Sunrise 7:01	WEDNESDAY 30	HIGH 5:09 Height 7.9 LOW 11:09 Height 2.0 Sunset 4:56	HIGH 10:32 Height 10.3 LOW 4:17 Height 0.9 Sunrise 6:53	WEDNESDAY 6	HIGH 11:06 Height 9.2 LOW 4:52 Height -0.2 Sunset 5:05
HIGH 5:28 Height 8.8 LOW 11:55 Height 1.6 Sunrise 7:00	THURSDAY 31	HIGH 6:08 Height 7.6 LOW — Height — Sunset 4:57	HIGH 11:13 Height 10.6 LOW 5:00 Height 0.4 Sunrise 6:52	THURSDAY 7	HIGH 11:45 Height 9.6 LOW 5:32 Height -0.6 Sunset 5:06
HIGH 6:23 Height 8.8 LOW 12:03 Height 2.2 Sunrise 6:59	FRIDAY 1	HIGH 7:08 Height 7.6 LOW 12:54 Height 1.6 Sunset 4:58	HIGH 11:55 Height 10.7 LOW 5:43 Height 0.0 Sunrise 6:51	FRIDAY 8	HIGH — Height — LOW 6:12 Height -0.8 Sunset 5:07
HIGH 7:20 Height 8.9 LOW 12:59 Height 2.2 Sunrise 6:58	SATURDAY 2	HIGH 8:06 Height 7.7 LOW 1:51 Height 1.4 Sunset 4:59	HIGH 12:24 Height 10.0 LOW 6:27 Height -0.3 Sunrise 6:50	SATURDAY 9	
	JAN-FEB			FEBRUARY	

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 1:04 Height 10.3 LOW 7:12 Height -0.5 Sunrise 6:49	SUNDAY 10	HIGH 1:21 Height 10.6 LOW 7:35 Height -0.7 Sunset 5:10	HIGH 7:31 Height 10.3 LOW 1:10 Height 1.0 Sunrise 6:39	SUNDAY 17	HIGH 8:20 Height 8.8 LOW 2:04 Height 0.0 Sunset 5:19
HIGH 1:46 Height 10.6 LOW 8:00 Height -0.6 Sunrise 6:47	MONDAY 11	HIGH 2:08 Height 10.3 LOW 8:20 Height -0.5 Sunset 5:11	HIGH 8:36 Height 10.5 LOW 2:14 Height 0.7 Sunrise 6:38	MONDAY 18	HIGH 9:20 Height 9.1 LOW 3:04 Height -0.3 Sunset 5:20
HIGH 2:32 Height 10.6 LOW 8:51 Height -0.5 Sunrise 6:46	TUESDAY 12	HIGH 2:59 Height 9.8 LOW 9:09 Height -0.1 Sunset 5:12	HIGH 9:34 Height 10.7 LOW 3:13 Height 0.4 Sunrise 6:36	TUESDAY 19	HIGH 10:13 Height 9.5 LOW 3:57 Height -0.5 Sunset 5:21
HIGH 3:22 Height 10.6 LOW 9:46 Height -0.2 Sunrise 6:45	WEDNESDAY 13	HIGH 3:55 Height 9.3 LOW 10:02 Height 0.4 Sunset 5:14	HIGH 10:26 Height 10.8 LOW 4:07 Height 0.1 Sunrise 6:35	WEDNESDAY 20	HIGH 11:00 Height 9.9 LOW 4:45 Height -0.7 Sunset 5:23
HIGH 4:17 Height 10.4 LOW 10:47 Height 0.0 Sunrise 6:43	THURSDAY 14	HIGH 4:57 Height 8.8 LOW 11:01 Height 0.8 Sunset 5:15	HIGH 11:14 Height 10.8 LOW 4:56 Height -0.2 Sunrise 6:33	THURSDAY 21	HIGH 11:42 Height 10.1 LOW 5:28 Height -0.7 Sunset 5:24
HIGH 5:18 Height 10.3 LOW 11:51 Height 0.2 Sunrise 6:42	FRIDAY 15	HIGH 6:04 Height 8.6 LOW — Height — Sunset 5:16	HIGH 11:58 Height 10.6 LOW 5:42 Height -0.3 Sunrise 6:32	FRIDAY 22	HIGH — Height — LOW 6:09 Height -0.5 Sunset 5:25
HIGH 6:24 Height 10.2 LOW 12:05 Height 1.0 Sunrise 6:41	SATURDAY 16	HIGH 7:14 Height 8.5 LOW 12:58 Height 0.2 Sunset 5:18	HIGH 12:22 Height 10.1 LOW 6:26 Height -0.3 Sunrise 6:30	SATURDAY 23	HIGH 12:40 Height 10.3 LOW 6:48 Height -0.2 Sunset 5:27
	FEBRUARY			FEBRUARY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

FEB-MAR

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 24	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SUNDAY 2	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	MONDAY 25	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	MONDAY 3	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	TUESDAY 26	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	TUESDAY 4	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	WEDNESDAY 27	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	WEDNESDAY 5	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	THURSDAY 28 LAST QUARTER	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	THURSDAY 6	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	FRIDAY 29	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	FRIDAY 7 NEW MOON	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	SATURDAY 1	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SATURDAY 8	HIGH Height LOW Height Sunset
	FEB-MAR			MARCH	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

MARCH

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 9	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SUNDAY 16	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	MONDAY 10	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	MONDAY 17	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	TUESDAY 11	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	TUESDAY 18	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	WEDNESDAY 12	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	WEDNESDAY 19	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	THURSDAY 13	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	THURSDAY 20	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	FRIDAY 14 FIRST QUARTER	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	FRIDAY 21 FULL MOON	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	SATURDAY 15	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SATURDAY 22	HIGH Height LOW Height Sunset
	MARCH			MARCH	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

MARCH-APRIL

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 23	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SUNDAY 30	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	MONDAY 24	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	MONDAY 31	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	TUESDAY 25	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	TUESDAY 1	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	WEDNESDAY 26	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	WEDNESDAY 2	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	THURSDAY 27	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	THURSDAY 3	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	FRIDAY 28	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	FRIDAY 4	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	SATURDAY 29 LAST QUARTER	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SATURDAY 5 NEW MOON	HIGH Height LOW Height Sunset
	MARCH			MAR-APRIL	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

APRIL

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 6	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SUNDAY 13	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	MONDAY 7	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	MONDAY 14	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	TUESDAY 8	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	TUESDAY 15	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	WEDNESDAY 9	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	WEDNESDAY 16	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	THURSDAY 10	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	THURSDAY 17	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	FRIDAY 11	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	FRIDAY 18	HIGH Height LOW Height Sunset
HIGH Height LOW Height Sunrise	SATURDAY 12 FIRST QUARTER	HIGH Height LOW Height Sunset	HIGH Height LOW Height Sunrise	SATURDAY 19 FULL MOON	HIGH Height LOW Height Sunset
	APRIL			APRIL	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

APRIL-MAY

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 20 FULL MOON	HIGH 12:15 Height 9.6 LOW 6:10 Height 0.9 Sunset 7:32	HIGH 4:29 Height 9.2 LOW 10:56 Height 1.3 Sunrise 5:45	SUNDAY 27	HIGH 5:13 Height 8.2 LOW 11:10 Height 2.2 Sunset 7:40
HIGH Height LOW Height Sunrise	MONDAY 21	HIGH 12:53 Height 9.4 LOW 6:48 Height 1.1 Sunset 7:34	HIGH 5:22 Height 9.1 LOW 11:48 Height 1.4 Sunrise 5:44	MONDAY 28 LAST QUARTER	HIGH 6:06 Height 8.3 LOW — Height — Sunset 7:41
HIGH Height LOW Height Sunrise	TUESDAY 22	HIGH 1:32 Height 9.2 LOW 7:25 Height 1.3 Sunset 7:35	HIGH 6:17 Height 9.1 LOW 12:06 Height 2.1 Sunrise 5:42	TUESDAY 29	HIGH 7:00 Height 8.6 LOW 12:42 Height 1.3 Sunset 7:43
HIGH Height LOW Height Sunrise	WEDNESDAY 23	HIGH 2:11 Height 9.0 LOW 8:05 Height 1.5 Sunset 7:36	HIGH 7:14 Height 9.3 LOW 1:04 Height 1.8 Sunrise 5:41	WEDNESDAY 30	HIGH 7:52 Height 9.2 LOW 1:35 Height 1.0 Sunset 7:44
HIGH Height LOW Height Sunrise	THURSDAY 24	HIGH 2:52 Height 8.7 LOW 8:46 Height 1.8 Sunset 7:37	HIGH 8:11 Height 9.5 LOW 2:00 Height 1.3 Sunrise 5:39	THURSDAY 1	HIGH 8:42 Height 9.8 LOW 2:27 Height 0.7 Sunset 7:45
HIGH Height LOW Height Sunrise	FRIDAY 25	HIGH 3:36 Height 8.5 LOW 9:30 Height 2.0 Sunset 7:38	HIGH 9:06 Height 9.9 LOW 2:55 Height 0.6 Sunrise 5:38	FRIDAY 2	HIGH 9:30 Height 10.5 LOW 3:18 Height 0.3 Sunset 7:46
HIGH Height LOW Height Sunrise	SATURDAY 26	HIGH 4:23 Height 8.3 LOW 10:18 Height 2.2 Sunset 7:39	HIGH 9:59 Height 10.2 LOW 3:48 Height -0.2 Sunrise 5:37	SATURDAY 3	HIGH 10:18 Height 11.2 LOW 4:07 Height 0.0 Sunset 7:47
	APRIL			APRIL-MAY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

MAY

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 4	HIGH 11:06 Height 11.7 LOW 4:56 Height -0.3 Sunset 7:48	HIGH 4:31 Height 10.7 LOW 10:57 Height -0.1 Sunrise 5:27	SUNDAY 11 FIRST QUARTER	HIGH 5:19 Height 9.5 LOW 11:16 Height 1.1 Sunset 7:55
HIGH Height LOW Height Sunrise	MONDAY 5 NEW MOON	HIGH 11:55 Height 12.1 LOW 5:45 Height -0.5 Sunset 7:49	HIGH 5:35 Height 10.1 LOW 11:58 Height 0.4 Sunrise 5:26	MONDAY 12	HIGH 6:21 Height 9.4 LOW — Height — Sunset 7:57
HIGH Height LOW Height Sunrise	TUESDAY 6	HIGH 12:35 Height 10.7 LOW 6:35 Height -0.5 Sunset 7:50	HIGH 6:40 Height 9.7 LOW 12:21 Height 1.2 Sunrise 5:25	TUESDAY 13	HIGH 7:22 Height 9.4 LOW 12:58 Height 0.8 Sunset 7:58
HIGH Height LOW Height Sunrise	WEDNESDAY 7	HIGH 1:27 Height 10.5 LOW 7:26 Height -1.8 Sunset 7:51	HIGH 7:44 Height 9.4 LOW 1:26 Height 1.2 Sunrise 5:24	WEDNESDAY 14	HIGH 8:18 Height 9.6 LOW 1:56 Height 1.0 Sunset 7:59
HIGH Height LOW Height Sunrise	THURSDAY 8	HIGH 2:22 Height 10.3 LOW 8:19 Height 0.0 Sunset 7:52	HIGH 8:45 Height 9.3 LOW 2:28 Height 1.1 Sunrise 5:23	THURSDAY 15	HIGH 9:09 Height 9.8 LOW 2:49 Height 1.2 Sunset 8:03
HIGH Height LOW Height Sunrise	FRIDAY 9	HIGH 3:18 Height 10.0 LOW 9:15 Height 0.4 Sunset 7:54	HIGH 9:39 Height 9.2 LOW 3:24 Height 0.9 Sunrise 5:22	FRIDAY 16	HIGH 9:55 Height 9.9 LOW 3:37 Height 1.3 Sunset 8:01
HIGH Height LOW Height Sunrise	SATURDAY 10	HIGH 4:18 Height 9.7 LOW 10:14 Height 0.8 Sunset 7:55	HIGH 10:27 Height 9.1 LOW 4:13 Height 0.6 Sunrise 5:21	SATURDAY 17	HIGH 10:36 Height 10.0 LOW 4:21 Height 1.4 Sunset 8:02
	MAY			MAY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

MAY

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 18	HIGH 11:15 Height 10.1 LOW 5:02 Height 1.4 Sunset 8:03	HIGH 3:14 Height 9.7 LOW 9:39 Height 0.8 Sunrise 5:14	SUNDAY 25	HIGH 3:56 Height 8.6 LOW 9:51 Height 1.9 Sunset 8:10
HIGH Height LOW Height Sunrise	MONDAY 19 FULL MOON	HIGH 11:53 Height 10.1 LOW 5:41 Height 1.5 Sunset 8:04	HIGH 4:00 Height 9.5 LOW 10:25 Height 0.9 Sunrise 5:14	MONDAY 26	HIGH 4:42 Height 8.8 LOW 10:41 Height 1.9 Sunset 8:10
HIGH Height LOW Height Sunrise	TUESDAY 20	HIGH 12:32 Height 9.0 LOW 6:20 Height 1.6 Sunset 8:05	HIGH 4:50 Height 9.4 LOW 11:13 Height 0.9 Sunrise 5:13	TUESDAY 27 LAST QUARTER	HIGH 5:30 Height 9.0 LOW 11:35 Height 1.7 Sunset 8:11
HIGH Height LOW Height Sunrise	WEDNESDAY 21	HIGH 1:10 Height 8.9 LOW 6:59 Height 1.6 Sunset 8:06	HIGH 5:43 Height 9.4 LOW — Height — Sunrise 5:12	WEDNESDAY 28	HIGH 6:20 Height 9.4 LOW 12:03 Height 0.9 Sunset 8:12
HIGH Height LOW Height Sunrise	THURSDAY 22	HIGH 1:50 Height 8.8 LOW 7:39 Height 1.7 Sunset 8:07	HIGH 6:38 Height 9.4 LOW 12:31 Height 1.4 Sunrise 5:12	THURSDAY 29	HIGH 7:11 Height 9.8 LOW 12:55 Height 0.8 Sunset 8:13
HIGH Height LOW Height Sunrise	FRIDAY 23	HIGH 2:30 Height 8.7 LOW 8:21 Height 1.8 Sunset 8:08	HIGH 7:35 Height 9.5 LOW 1:28 Height 0.9 Sunrise 5:11	FRIDAY 30	HIGH 8:02 Height 10.4 LOW 1:48 Height 0.6 Sunset 8:14
HIGH Height LOW Height Sunrise	SATURDAY 24	HIGH 3:12 Height 8.6 LOW 9:05 Height 1.9 Sunset 8:09	HIGH 8:33 Height 9.7 LOW 2:25 Height 0.3 Sunrise 5:11	SATURDAY 31	HIGH 8:54 Height 11.0 LOW 2:41 Height 0.4 Sunset 8:15
	MAY			MAY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

JUNE

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	SUNDAY 1	HIGH 9:47 Height 11.5 LOW 3:35 Height 0.2 Sunset 8:15	HIGH 3:14 Height 11.2 LOW 9:38 Height -0.6 Sunrise 5:09	SUNDAY 8	HIGH 3:59 Height 10.0 LOW 9:56 Height 0.6 Sunset 8:20
HIGH Height LOW Height Sunrise	MONDAY 2	HIGH 10:27 Height 10.1 LOW 4:16 Height -1.0 Sunrise 5:10	HIGH 4:12 Height 10.6 LOW 10:33 Height -0.1 Sunrise 5:08	MONDAY 9	HIGH 4:55 Height 9.8 LOW 10:55 Height 0.9 Sunset 8:21
HIGH Height LOW Height Sunrise	TUESDAY 3 NEW MOON	HIGH 11:22 Height 10.3 LOW 5:10 Height -1.4 Sunrise 5:09	HIGH 5:12 Height 10.0 LOW 11:28 Height 0.4 Sunrise 5:08	TUESDAY 10 FIRST QUARTER	HIGH 5:51 Height 9.7 LOW 11:56 Height 1.1 Sunset 8:21
HIGH Height LOW Height Sunrise	WEDNESDAY 4	HIGH 12:17 Height 10.3 LOW 6:04 Height -1.6 Sunrise 5:09	HIGH 6:12 Height 9.5 LOW — Height — Sunrise 5:07	WEDNESDAY 11	HIGH 6:46 Height 9.6 LOW 12:23 Height 0.9 Sunset 8:22
HIGH Height LOW Height Sunrise	THURSDAY 5	HIGH 12:27 Height 12.2 LOW 6:57 Height -1.7 Sunrise 5:09	HIGH 7:12 Height 9.0 LOW 12:58 Height 1.2 Sunrise 5:07	THURSDAY 12	HIGH 7:39 Height 9.6 LOW 1:17 Height 1.3 Sunset 8:22
HIGH Height LOW Height Sunrise	FRIDAY 6	HIGH 1:22 Height 12.1 LOW 7:51 Height -1.5 Sunrise 5:08	HIGH 8:11 Height 8.8 LOW 1:57 Height 1.2 Sunrise 5:07	FRIDAY 13	HIGH 8:30 Height 9.7 LOW 2:09 Height 1.6 Sunset 8:23
HIGH Height LOW Height Sunrise	SATURDAY 7	HIGH 2:18 Height 11.7 LOW 8:44 Height -1.1 Sunrise 5:08	HIGH 9:06 Height 8.6 LOW 2:53 Height 1.1 Sunrise 5:07	SATURDAY 14	HIGH 9:18 Height 9.7 LOW 2:59 Height 1.3 Sunset 8:23
	JUNE			JUNE	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

JUNE

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 9:57 Height 8.6 LOW 3:44 Height 1.0 Sunrise 5:07	SUNDAY 15	HIGH 10:02 Height 9.3 LOW 3:46 Height 1.9 Sunset 8:23	HIGH 2:08 Height 10.0 LOW 8:31 Height 0.4 Sunrise 5:08	SUNDAY 22	HIGH 2:47 Height 9.0 LOW 8:41 Height 1.5 Sunset 8:25
HIGH 10:45 Height 9.6 LOW 4:30 Height 0.8 Sunrise 5:07	MONDAY 16	HIGH 10:45 Height 9.9 LOW 4:30 Height 1.9 Sunset 8:24	HIGH 2:50 Height 10.0 LOW 9:12 Height 0.4 Sunrise 5:09	MONDAY 23	HIGH 3:28 Height 9.1 LOW 9:26 Height 1.4 Sunset 8:25
HIGH 11:28 Height 8.6 LOW 5:13 Height 0.7 Sunrise 5:07	TUESDAY 17	HIGH 11:27 Height 10.0 LOW 5:13 Height 1.8 Sunset 8:24	HIGH 3:34 Height 10.0 LOW 9:55 Height 0.4 Sunrise 5:09	TUESDAY 24	HIGH 4:10 Height 9.4 LOW 10:14 Height 1.3 Sunset 8:26
HIGH — Height — LOW 5:53 Height 0.6 Sunrise 5:08	WEDNESDAY 18 FULL MOON	HIGH 12:09 Height 8.7 LOW 5:54 Height 1.8 Sunset 8:24	HIGH 4:21 Height 9.7 LOW 10:40 Height 0.5 Sunrise 5:09	WEDNESDAY 25	HIGH 4:56 Height 9.4 LOW 11:06 Height 1.1 Sunset 8:26
HIGH 12:07 Height 10.0 LOW 6:33 Height 0.5 Sunrise 5:08	THURSDAY 19	HIGH 12:49 Height 8.7 LOW 6:35 Height 1.7 Sunset 8:25	HIGH 5:13 Height 9.5 LOW 11:28 Height 0.6 Sunrise 5:10	THURSDAY 26 LAST QUARTER	HIGH 5:44 Height 10.0 LOW — Height — Sunset 8:26
HIGH 12:47 Height 10.1 LOW 7:12 Height 0.4 Sunrise 5:08	FRIDAY 20	HIGH 1:28 Height 8.8 LOW 7:16 Height 1.6 Sunset 8:25	HIGH 6:08 Height 9.4 LOW 12:01 Height 0.8 Sunrise 5:10	FRIDAY 27	HIGH 6:35 Height 10.3 LOW 12:20 Height 0.6 Sunset 8:26
HIGH 1:27 Height 10.1 LOW 7:51 Height 0.4 Sunrise 5:08	SATURDAY 21	HIGH 2:07 Height 8.9 LOW 7:58 Height 1.6 Sunset 8:25	HIGH 7:06 Height 9.3 LOW 12:59 Height 0.5 Sunrise 5:10	SATURDAY 28	HIGH 7:29 Height 10.7 LOW 1:15 Height 0.6 Sunset 8:26
	JUNE		JUNE		

Eastern Standard Time - Corrected For Daylight Saving Time

2008

JUNE-JULY

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 8:06 Height 9.2 LOW 1:58 Height 0.1 Sunrise 5:11	SUNDAY 29	HIGH 8:26 Height 11.1 LOW 2:11 Height 0.6 Sunset 8:26	HIGH 2:01 Height 11.5 LOW 8:23 Height -1.0 Sunrise 5:15	SUNDAY 6	HIGH 2:41 Height 10.3 LOW 8:39 Height 0.1 Sunset 8:24
HIGH 9:07 Height 9.5 LOW 2:58 Height -0.4 Sunrise 5:11	MONDAY 30	HIGH 9:23 Height 11.5 LOW 3:09 Height 0.4 Sunset 8:25	HIGH 2:55 Height 11.0 LOW 9:13 Height -0.5 Sunrise 5:16	MONDAY 7	HIGH 3:32 Height 10.2 LOW 9:33 Height 0.4 Sunset 8:24
HIGH 10:07 Height 9.6 LOW 3:56 Height -0.8 Sunrise 5:12	TUESDAY 1	HIGH 10:20 Height 11.8 LOW 4:06 Height 0.2 Sunset 8:25	HIGH 3:48 Height 10.4 LOW 10:02 Height 0.0 Sunrise 5:16	TUESDAY 8	HIGH 4:22 Height 10.0 LOW 10:28 Height 0.7 Sunset 8:23
HIGH 11:05 Height 9.9 LOW 4:53 Height -1.1 Sunrise 5:12	WEDNESDAY 2 NEW MOON	HIGH 11:17 Height 12.0 LOW 5:02 Height 0.0 Sunset 8:25	HIGH 4:42 Height 9.7 LOW 10:52 Height 0.6 Sunrise 5:17	WEDNESDAY 9 FIRST QUARTER	HIGH 5:13 Height 9.8 LOW 11:24 Height 1.0 Sunset 8:23
HIGH — Height — LOW 5:48 Height -1.3 Sunrise 5:13	THURSDAY 3	HIGH 12:02 Height 10.1 LOW 5:58 Height -0.1 Sunset 8:25	HIGH 5:37 Height 9.1 LOW 11:43 Height 1.2 Sunrise 5:18	THURSDAY 10	HIGH 6:04 Height 9.6 LOW — Height — Sunset 8:22
HIGH 12:13 Height 12.0 LOW 6:41 Height -1.4 Sunrise 5:14	FRIDAY 4	HIGH 12:56 Height 10.2 LOW 6:52 Height -0.2 Sunset 8:25	HIGH 6:34 Height 8.6 LOW 12:21 Height 1.3 Sunrise 5:18	FRIDAY 11	HIGH 6:56 Height 9.5 LOW 12:35 Height 1.7 Sunset 8:22
HIGH 1:08 Height 11.9 LOW 7:33 Height -1.3 Sunrise 5:14	SATURDAY 5	HIGH 1:49 Height 10.3 LOW 7:46 Height -0.1 Sunset 8:24	HIGH 7:32 Height 8.3 LOW 1:19 Height 1.4 Sunrise 5:19	SATURDAY 12	HIGH 7:48 Height 9.4 LOW 1:28 Height 2.0 Sunset 8:21
	JUNE-JULY		JUNE-JULY	JULY	

Eastern Standard Time - Corrected For Daylight Saving Time

2008

JULY

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 8:30 Height 8.1 LOW 2:17 Height 1.4 Sunrise 5:20	SUNDAY 13	HIGH 8:40 Height 9.4 LOW 2:20 Height 2.2 Sunset 8:21	HIGH 1:04 Height 10.3 LOW 7:24 Height 0.1 Sunrise 5:26	SUNDAY 20	HIGH 1:39 Height 9.3 LOW 7:34 Height 1.0 Sunset 8:16
HIGH 9:24 Height 8.1 LOW 3:11 Height 1.3 Sunrise 5:21	MONDAY 14	HIGH 9:30 Height 9.5 LOW 3:11 Height 2.2 Sunset 8:20	HIGH 1:44 Height 10.3 LOW 8:03 Height 0.0 Sunrise 5:27	MONDAY 21	HIGH 2:17 Height 9.5 LOW 8:17 Height 0.8 Sunset 8:15
HIGH 10:15 Height 8.2 LOW 4:00 Height 1.1 Sunrise 5:22	TUESDAY 15	HIGH 10:17 Height 9.7 LOW 3:59 Height 2.1 Sunset 8:19	HIGH 2:26 Height 10.2 LOW 8:43 Height 0.0 Sunrise 5:28	TUESDAY 22	HIGH 2:56 Height 9.8 LOW 9:02 Height 0.7 Sunset 8:14
HIGH 11:01 Height 8.4 LOW 4:46 Height 0.9 Sunrise 5:22	WEDNESDAY 16	HIGH 11:02 Height 9.9 LOW 4:45 Height 1.9 Sunset 8:19	HIGH 3:09 Height 10.1 LOW 9:25 Height 0.1 Sunrise 5:29	WEDNESDAY 23	HIGH 3:38 Height 10.0 LOW 9:49 Height 0.6 Sunset 8:13
HIGH 11:43 Height 8.6 LOW 5:28 Height 0.7 Sunrise 5:23	THURSDAY 17	HIGH 11:44 Height 10.1 LOW 5:28 Height 1.6 Sunset 8:18	HIGH 3:56 Height 9.8 LOW 10:10 Height 0.3 Sunrise 5:30	THURSDAY 24	HIGH 4:23 Height 10.2 LOW 10:41 Height 0.5 Sunset 8:12
HIGH — Height — LOW 6:07 Height 0.5 Sunrise 5:24	FRIDAY 18 FULL MOON	HIGH 12:23 Height 8.8 LOW 6:11 Height 1.4 Sunset 8:17	HIGH 4:48 Height 9.6 LOW 10:58 Height 0.5 Sunrise 5:31	FRIDAY 25 LAST QUARTER	HIGH 5:13 Height 10.4 LOW 11:36 Height 0.4 Sunset 8:11
HIGH 12:24 Height 10.2 LOW 6:46 Height 0.3 Sunrise 5:25	SATURDAY 19	HIGH 1:01 Height 9.0 LOW 6:52 Height 1.2 Sunset 8:16	HIGH 5:44 Height 9.3 LOW 11:52 Height 0.7 Sunrise 5:32	SATURDAY 26	HIGH 6:07 Height 10.6 LOW — Height — Sunset 8:10
	JULY		JULY		

Eastern Standard Time - Corrected For Daylight Saving Time

2008

JULY-AUG

2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 6:44 Height 9.1 LOW 12:36 Height 0.3 Sunrise 5:33	SUNDAY 27	HIGH 7:05 Height 10.7 LOW 12:49 Height 0.8 Sunset 8:09	HIGH 12:52 Height 11.5 LOW 7:11 Height -0.9 Sunrise 5:40	SUNDAY 3	HIGH 1:26 Height 10.4 LOW 7:27 Height -0.2 Sunset 8:01
HIGH 7:47 Height 9.0 LOW 1:38 Height 0.1 Sunrise 5:34	MONDAY 28	HIGH 8:05 Height 10.9 LOW 1:49 Height 0.8 Sunset 8:08	HIGH 1:42 Height 11.1 LOW 7:57 Height -0.6 Sunrise 5:41	MONDAY 4	HIGH 2:13 Height 10.4 LOW 8:16 Height -0.1 Sunset 8:00
HIGH 8:51 Height 9.1 LOW 2:40 Height -0.2 Sunrise 5:35	TUESDAY 29	HIGH 9:07 Height 11.2 LOW 2:50 Height 0.7 Sunset 8:07	HIGH 2:31 Height 10.6 LOW 8:42 Height -0.2 Sunrise 5:42	TUESDAY 5	HIGH 2:59 Height 10.3 LOW 9:06 Height 0.2 Sunset 7:59
HIGH 9:53 Height 9.4 LOW 3:41 Height -0.5 Sunrise 5:36	WEDNESDAY 30	HIGH 10:08 Height 11.4 LOW 3:50 Height 0.4 Sunset 8:06	HIGH 3:19 Height 10.0 LOW 9:27 Height 0.4 Sunrise 5:43	WEDNESDAY 6	HIGH 3:44 Height 10.1 LOW 9:56 Height 0.6 Sunset 7:58
HIGH 10:52 Height 9.7 LOW 4:38 Height -0.8 Sunrise 5:37	THURSDAY 31	HIGH 11:05 Height 11.6 LOW 4:48 Height 0.1 Sunset 8:05	HIGH 4:09 Height 9.4 LOW 10:13 Height 1.0 Sunrise 5:44	THURSDAY 7	HIGH 4:30 Height 9.8 LOW 10:47 Height 1.0 Sunset 7:56
HIGH 11:47 Height 10.0 LOW 5:32 Height -1.0 Sunrise 5:38	FRIDAY 1 NEW MOON	HIGH — Height — LOW 5:43 Height -0.1 Sunset 8:04	HIGH 5:00 Height 8.8 LOW 11:02 Height 1.5 Sunrise 5:45	FRIDAY 8 FIRST QUARTER	HIGH 5:19 Height 9.5 LOW 11:41 Height 1.3 Sunset 7:55
HIGH 12:00 Height 11.6 LOW 6:23 Height -1.1 Sunrise 5:39	SATURDAY 2	HIGH 12:38 Height 10.3 LOW 6:36 Height -0.3 Sunset 8:02	HIGH 5:54 Height 8.3 LOW 11:52 Height 2.0 Sunrise 5:46	SATURDAY 9	HIGH 6:11 Height 9.2 LOW — Height — Sunset 7:54
	JULY-AUG		JULY-AUG	AUGUST	

Eastern Standard Time - Corrected For Daylight Saving Time

2008 AUGUST 2008 2008 AUG-SEPT 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 6:52 Height 8.0 LOW 12:38 Height 1.6 Sunrise 5:47	SUNDAY 10	HIGH 7:06 Height 9.1 LOW 12:46 Height 2.3 Sunset 7:52	HIGH — Height — LOW 6:15 Height 0.1 Sunrise 5:54	SUNDAY 17	HIGH 12:28 Height 9.6 LOW 6:26 Height 0.6 Sunset 7:42
HIGH 7:51 Height 7.9 LOW 1:36 Height 1.7 Sunrise 5:48	MONDAY 11	HIGH 8:02 Height 9.1 LOW 1:42 Height 2.4 Sunset 7:51	HIGH 12:38 Height 10.5 LOW 6:53 Height -0.1 Sunrise 5:56	MONDAY 18	HIGH 1:06 Height 9.9 LOW 7:09 Height 0.3 Sunset 7:41
HIGH 8:48 Height 7.9 LOW 2:34 Height 1.6 Sunrise 5:49	TUESDAY 12	HIGH 8:56 Height 9.3 LOW 2:37 Height 2.3 Sunset 7:49	HIGH 1:19 Height 10.5 LOW 7:32 Height -0.2 Sunrise 5:57	TUESDAY 19	HIGH 1:44 Height 10.3 LOW 7:52 Height 0.0 Sunset 7:39
HIGH 9:41 Height 8.1 LOW 3:26 Height 1.4 Sunrise 5:50	WEDNESDAY 13	HIGH 9:47 Height 9.5 LOW 3:28 Height 2.1 Sunset 7:48	HIGH 2:01 Height 10.4 LOW 8:13 Height -0.2 Sunrise 5:58	WEDNESDAY 20	HIGH 2:24 Height 10.5 LOW 8:38 Height -0.1 Sunset 7:38
HIGH 10:29 Height 8.4 LOW 4:14 Height 1.0 Sunrise 5:51	THURSDAY 14	HIGH 10:33 Height 9.8 LOW 4:16 Height 1.7 Sunset 7:47	HIGH 2:46 Height 10.2 LOW 8:56 Height 0.0 Sunrise 5:59	THURSDAY 21	HIGH 3:07 Height 10.7 LOW 9:26 Height -0.1 Sunset 7:36
HIGH 11:11 Height 8.8 LOW 4:56 Height 0.7 Sunrise 5:52	FRIDAY 15	HIGH 11:17 Height 10.1 LOW 5:01 Height 1.3 Sunset 7:45	HIGH 3:55 Height 9.9 LOW 9:43 Height 0.2 Sunrise 6:00	FRIDAY 22	HIGH 3:55 Height 10.7 LOW 10:19 Height 0.0 Sunset 7:34
HIGH 11:51 Height 9.2 LOW 5:36 Height 0.4 Sunrise 5:53	SATURDAY 16 FULL MOON	HIGH 11:58 Height 10.3 LOW 5:44 Height 1.0 Sunset 7:44	HIGH 4:28 Height 9.5 LOW 10:34 Height 0.6 Sunrise 6:01	SATURDAY 23 LAST QUARTER	HIGH 4:47 Height 10.7 LOW 11:16 Height 0.1 Sunset 7:33
AUGUST			AUGUST		

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 5:26 Height 9.1 LOW 11:30 Height 0.9 Sunrise 6:02	SUNDAY 24	HIGH 5:45 Height 10.6 LOW — Height — Sunset 7:31	HIGH — Height — LOW 6:01 Height -0.6 Sunrise 6:09	SUNDAY 31	HIGH 12:15 Height 10.4 LOW 6:18 Height -0.3 Sunset 7:20
HIGH 6:29 Height 8.9 LOW 12:18 Height 0.2 Sunrise 6:03	MONDAY 25	HIGH 6:48 Height 10.6 LOW 12:31 Height 1.0 Sunset 7:30	HIGH 12:34 Height 10.9 LOW 6:45 Height -0.4 Sunrise 6:10	MONDAY 1	HIGH 12:59 Height 10.5 LOW 7:05 Height -0.3 Sunset 7:18
HIGH 7:35 Height 8.8 LOW 1:22 Height 0.3 Sunrise 6:04	TUESDAY 26	HIGH 7:53 Height 10.6 LOW 1:35 Height 1.0 Sunset 7:28	HIGH 1:20 Height 10.6 LOW 7:28 Height -0.1 Sunrise 6:11	TUESDAY 2	HIGH 1:41 Height 10.5 LOW 7:51 Height -0.1 Sunset 7:16
HIGH 8:41 Height 9.0 LOW 2:26 Height 0.1 Sunrise 6:05	WEDNESDAY 27	HIGH 8:58 Height 10.8 LOW 2:39 Height 0.8 Sunset 7:26	HIGH 2:04 Height 10.2 LOW 8:09 Height 0.3 Sunrise 6:12	WEDNESDAY 3	HIGH 2:22 Height 10.3 LOW 8:36 Height 0.2 Sunset 7:15
HIGH 9:43 Height 9.4 LOW 3:27 Height -0.1 Sunrise 6:06	THURSDAY 28	HIGH 9:59 Height 11.0 LOW 3:39 Height 0.5 Sunset 7:25	HIGH 2:49 Height 9.7 LOW 8:52 Height 0.8 Sunrise 6:13	THURSDAY 4	HIGH 3:04 Height 10.0 LOW 9:22 Height 0.6 Sunset 7:13
HIGH 10:38 Height 9.8 LOW 4:23 Height -0.4 Sunrise 6:07	FRIDAY 29	HIGH 10:55 Height 11.1 LOW 4:36 Height 0.1 Sunset 7:23	HIGH 3:35 Height 9.1 LOW 9:35 Height 1.4 Sunrise 6:15	FRIDAY 5	HIGH 3:48 Height 9.7 LOW 10:10 Height 1.0 Sunset 7:11
HIGH 11:29 Height 10.2 LOW 5:14 Height -0.6 Sunrise 6:08	SATURDAY 30 NEW MOON	HIGH 11:46 Height 11.1 LOW 5:29 Height -0.2 Sunset 7:21	HIGH 4:24 Height 8.6 LOW 10:22 Height 1.9 Sunrise 6:16	SATURDAY 6	HIGH 4:36 Height 9.3 LOW 11:01 Height 1.4 Sunset 7:09
AUGUST			AUG-SEPT		

Eastern Standard Time - Corrected For Daylight Saving Time

2008 SEPTEMBER 2008 2008 SEPT-OCT 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 5:16 Height 8.2 LOW 11:12 Height 2.3 Sunrise 6:17	SUNDAY 7 FIRST QUARTER	HIGH 5:28 Height 9.0 LOW 11:57 Height 1.7 Sunset 7:08	HIGH 11:13 Height 9.8 LOW 4:59 Height 0.3 Sunrise 6:24	SUNDAY 14	HIGH 11:28 Height 10.4 LOW 5:15 Height 0.4 Sunset 6:55
HIGH 6:13 Height 7.9 LOW — Height — Sunrise 6:18	MONDAY 8	HIGH 6:25 Height 8.9 LOW 12:07 Height 2.5 Sunset 7:06	HIGH 11:52 Height 10.3 LOW 5:40 Height -0.1 Sunrise 6:25	MONDAY 15 FULL MOON	HIGH — Height — LOW 5:59 Height -0.1 Sunset 6:54
HIGH 7:12 Height 7.8 LOW 12:55 Height 1.8 Sunrise 6:19	TUESDAY 9	HIGH 7:24 Height 8.9 LOW 1:04 Height 2.5 Sunset 7:04	HIGH 12:10 Height 10.6 LOW 6:20 Height -0.3 Sunrise 6:26	TUESDAY 16	HIGH 12:31 Height 10.7 LOW 6:43 Height -0.5 Sunset 6:52
HIGH 8:10 Height 7.9 LOW 1:53 Height 1.7 Sunrise 6:20	WEDNESDAY 10	HIGH 8:20 Height 9.1 LOW 2:01 Height 2.3 Sunset 7:02	HIGH 12:53 Height 10.6 LOW 7:01 Height -0.3 Sunrise 6:27	WEDNESDAY 17	HIGH 1:11 Height 11.1 LOW 7:28 Height -0.8 Sunset 6:50
HIGH 9:03 Height 8.3 LOW 2:47 Height 1.5 Sunrise 6:21	THURSDAY 11	HIGH 9:13 Height 9.5 LOW 2:55 Height 2.0 Sunset 7:01	HIGH 1:38 Height 10.5 LOW 7:45 Height -0.2 Sunrise 6:28	THURSDAY 18	HIGH 1:54 Height 11.2 LOW 8:16 Height -0.8 Sunset 6:48
HIGH 9:50 Height 8.7 LOW 3:35 Height 1.1 Sunrise 6:22	FRIDAY 12	HIGH 10:00 Height 9.8 LOW 3:45 Height 1.5 Sunset 6:59	HIGH 2:26 Height 10.2 LOW 8:31 Height 0.0 Sunrise 6:29	FRIDAY 19	HIGH 2:41 Height 11.2 LOW 9:06 Height -0.7 Sunset 6:47
HIGH 10:33 Height 9.2 LOW 4:18 Height 0.7 Sunrise 6:23	SATURDAY 13	HIGH 10:45 Height 10.2 LOW 4:31 Height 0.9 Sunset 6:57	HIGH 3:17 Height 9.9 LOW 9:20 Height 0.3 Sunrise 6:30	SATURDAY 20	HIGH 3:42 Height 11.1 LOW 10:00 Height -0.4 Sunset 6:45
SEPTEMBER			SEPTEMBER		

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 4:13 Height 9.4 LOW 10:14 Height 0.7 Sunrise 6:31	SUNDAY 21	HIGH 4:28 Height 10.8 LOW 10:59 Height 0.0 Sunset 6:43	HIGH 11:08 Height 10.4 LOW 4:52 Height -0.1 Sunrise 6:37	SUNDAY 28	HIGH 11:30 Height 10.5 LOW 5:14 Height -0.1 Sunset 6:31
HIGH 5:14 Height 9.1 LOW 11:14 Height 1.0 Sunrise 6:33	MONDAY 22 LAST QUARTER	HIGH 5:30 Height 10.5 LOW — Height — Sunset 6:41	HIGH 11:50 Height 10.5 LOW 5:36 Height 0.0 Sunrise 6:38	MONDAY 29 NEW MOON	HIGH — Height — LOW 6:00 Height -0.3 Sunset 6:30
HIGH 6:19 Height 8.9 LOW 12:03 Height 0.3 Sunrise 6:34	TUESDAY 23	HIGH 6:37 Height 10.3 LOW 12:18 Height 1.2 Sunset 6:40	HIGH 12:14 Height 10.3 LOW 6:17 Height 0.2 Sunrise 6:39	TUESDAY 30	HIGH 12:30 Height 10.6 LOW 6:43 Height -0.2 Sunset 6:28
HIGH 7:27 Height 9.0 LOW 1:08 Height 0.4 Sunrise 6:33	WEDNESDAY 24	HIGH 7:45 Height 10.3 LOW 1:24 Height 1.2 Sunset 6:38	HIGH 12:57 Height 10.0 LOW 6:57 Height 0.5 Sunrise 6:40	WEDNESDAY 1	HIGH 1:08 Height 10.5 LOW 7:25 Height -0.1 Sunset 6:26
HIGH 8:31 Height 9.2 LOW 2:12 Height 0.3 Sunrise 6:34	THURSDAY 25	HIGH 8:50 Height 10.4 LOW 2:29 Height 0.9 Sunset 6:37	HIGH 1:38 Height 9.7 LOW 7:37 Height 0.9 Sunrise 6:41	THURSDAY 2	HIGH 1:47 Height 10.3 LOW 8:07 Height 0.2 Sunset 6:24
HIGH 9:30 Height 9.6 LOW 3:12 Height 0.2 Sunrise 6:35	FRIDAY 26	HIGH 9:49 Height 10.5 LOW 3:29 Height 0.5 Sunset 6:35	HIGH 2:20 Height 9.3 LOW 8:18 Height 1.3 Sunrise 6:42	FRIDAY 3	HIGH 2:27 Height 10.0 LOW 8:50 Height 0.6 Sunset 6:23
HIGH 10:21 Height 10.0 LOW 4:05 Height 0.0 Sunrise 6:36	SATURDAY 27	HIGH 10:42 Height 10.5 LOW 4:24 Height 0.1 Sunset 6:33	HIGH 3:04 Height 8.9 LOW 9:00 Height 1.7 Sunrise 6:43	SATURDAY 4	HIGH 3:10 Height 9.6 LOW 9:36 Height 1.0 Sunset 6:21
SEPTEMBER			SEPT-OCT		

Eastern Standard Time - Corrected For Daylight Saving Time

2008 **OCTOBER** 2008 2008 **OCT-NOV** 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	3:51 5	3:57 9.3 10:25 1.4 6:19	9:51 9.8 3:37 0.6 6:52	12	10:11 10.1 3:59 0.5 6:08
HIGH Height LOW Height Sunrise	4:41 8.1 10:36 2.4 6:46	4:49 9.0 11:18 1.7 6:18	10:33 10.4 4:21 0.2 6:54	13	10:57 10.4 4:46 -0.1 6:06
HIGH Height LOW Height Sunrise	5:36 7.9 11:30 2.5 6:47	5:45 8.9 — — 6:16	11:15 11.0 5:04 -0.1 6:55	14 FULL MOON	11:43 10.5 5:32 -0.7 6:04
HIGH Height LOW Height Sunrise	6:33 7.9 12:13 1.8 6:48	6:43 8.9 12:27 2.5 6:14	11:57 11.4 5:48 -0.3 6:56	15	— — 6:18 -1.2 6:03
HIGH Height LOW Height Sunrise	7:29 8.2 1:09 1.7 6:49	7:40 9.0 1:25 2.3 6:12	12:29 10.6 6:33 -0.3 6:57	16	12:42 11.7 7:06 -1.4 6:01
HIGH Height LOW Height Sunrise	8:20 8.6 2:02 1.4 6:50	8:34 9.3 2:19 1.8 6:11	1:18 10.5 7:19 -0.3 6:58	17	1:29 11.8 7:56 -1.3 5:59
HIGH Height LOW Height Sunrise	9:07 9.1 2:51 1.0 6:51	9:23 9.7 3:11 1.2 6:09	2:08 10.2 8:09 0.0 6:59	18	2:19 11.6 8:48 -1.1 5:58
	OCTOBER			OCTOBER	

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	3:02 9.9 9:01 0.3 7:01	3:14 11.3 9:44 -0.6 5:56	9:59 10.2 3:41 0.5 7:09	26	10:26 9.9 4:10 0.2 5:46
HIGH Height LOW Height Sunrise	4:00 9.5 9:58 0.7 7:02	4:13 10.9 10:44 -0.2 5:55	10:43 10.4 4:27 0.5 7:10	27	11:12 9.8 4:57 0.0 5:44
HIGH Height LOW Height Sunrise	5:02 9.2 11:00 1.0 7:03	5:18 10.5 11:47 0.2 5:53	11:23 10.5 5:10 0.7 7:11	28 NEW MOON	11:55 9.6 5:40 -0.1 5:43
HIGH Height LOW Height Sunrise	6:08 9.1 — — 7:04	6:25 10.1 12:06 1.2 5:52	— — 5:50 0.8 7:13	29	12:01 10.4 6:21 -0.1 5:42
HIGH Height LOW Height Sunrise	7:14 9.3 12:51 0.4 7:05	7:33 10.0 1:13 1.1 5:50	12:35 9.4 6:29 1.0 7:14	30	12:39 10.3 7:01 0.1 5:40
HIGH Height LOW Height Sunrise	8:15 9.5 1:53 0.5 7:07	8:37 9.9 2:18 0.9 5:49	1:15 9.2 7:08 1.3 7:15	31	1:17 10.1 7:42 0.3 5:39
HIGH Height LOW Height Sunrise	9:10 9.9 2:50 0.5 7:08	9:34 9.9 3:17 0.5 5:47	1:55 8.9 7:48 1.5 7:16	1	1:57 9.9 8:23 0.6 5:38
	OCTOBER			OCT-NOV	

Eastern Standard Time - Corrected For Daylight Saving Time

2008 **NOVEMBER** 2008 2008 **NOVEMBER** 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	2:37 8.7 8:30 1.8 7:18	2:39 9.6 9:06 0.9 5:36	7:23 9.6 1:06 0.9 6:26	9	7:45 9.5 1:36 0.9 4:28
HIGH Height LOW Height Sunrise	2:22 8.4 8:15 2.1 6:19	2:25 9.4 8:52 1.2 4:35	8:09 10.2 1:55 0.8 6:28	10	8:37 9.8 2:27 0.2 4:27
HIGH Height LOW Height Sunrise	3:09 8.2 9:03 2.2 6:20	3:14 9.1 9:41 1.4 4:34	8:55 10.9 2:43 0.3 6:29	11	9:27 10.1 3:17 -0.6 4:28
HIGH Height LOW Height Sunrise	4:00 8.2 9:55 2.3 6:21	4:07 9.0 10:32 1.5 4:33	9:42 11.4 3:31 0.0 6:30	12	10:18 10.3 4:07 -1.1 4:25
HIGH Height LOW Height Sunrise	4:52 8.2 10:50 2.3 6:23	5:02 8.9 11:24 1.4 4:32	10:29 11.9 4:19 -0.3 6:31	13 FULL MOON	11:08 10.4 4:57 -1.6 4:24
HIGH Height LOW Height Sunrise	5:44 8.5 11:46 2.0 6:24	5:57 9.0 — — 4:30	11:18 12.1 5:08 -0.4 6:33	14	11:59 10.3 5:47 -1.7 4:23
HIGH Height LOW Height Sunrise	6:34 9.0 12:16 1.2 6:25	6:52 9.2 12:42 1.5 4:29	— — 5:58 -0.3 6:34	15	12:09 12.1 6:39 -1.6 4:22
	NOVEMBER			NOVEMBER	

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH Height LOW Height Sunrise	12:52 10.2 6:50 -0.2 6:35	1:03 11.9 7:32 -1.4 4:21	7:43 9.9 1:21 0.9 6:44	23	8:14 9.2 1:59 0.6 4:16
HIGH Height LOW Height Sunrise	1:48 10.0 7:45 0.1 6:36	1:59 11.5 8:28 -0.9 4:20	8:32 10.0 2:13 1.0 6:45	24	9:06 9.1 2:52 0.4 4:15
HIGH Height LOW Height Sunrise	2:46 9.7 8:43 0.5 6:38	2:59 10.9 9:26 -0.4 4:20	9:17 10.1 3:00 1.1 6:46	25	9:53 9.0 3:39 0.2 4:15
HIGH Height LOW Height Sunrise	3:46 9.5 9:44 0.8 6:39	4:02 10.4 10:25 0.0 4:19	9:58 10.2 3:43 1.2 6:47	26	10:36 9.0 4:21 0.2 4:14
HIGH Height LOW Height Sunrise	4:49 9.5 10:49 1.0 6:40	5:07 9.9 11:26 0.4 4:18	10:37 10.2 4:24 1.3 6:48	27 NEW MOON	11:16 8.9 5:02 0.1 4:14
HIGH Height LOW Height Sunrise	5:50 9.5 11:55 1.0 6:41	6:13 9.5 — — 4:17	11:16 10.1 5:04 1.4 6:49	28	11:55 8.8 5:41 0.2 4:13
HIGH Height LOW Height Sunrise	6:49 9.7 12:25 0.7 6:42	7:16 9.3 12:59 0.9 4:17	11:54 10.0 5:44 1.4 6:50	29	— — 6:20 0.3 4:13
	NOVEMBER			NOVEMBER	

Eastern Standard Time - Corrected For Daylight Saving Time

2007 **NOV-DEC** 2008 2008 **DECEMBER** 2008

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 12:34 Height 8.7 LOW 6:24 Height 1.5 Sunrise 6:52	SUNDAY 30	HIGH 12:34 Height 9.9 LOW 6:59 Height 0.4 Sunset 4:13	HIGH 5:49 Height 9.4 LOW — Height — Sunrise 6:59	SUNDAY 7	HIGH 6:12 Height 9.0 LOW 12:05 Height 1.1 Sunset 4:11
HIGH 1:14 Height 8.6 LOW 7:05 Height 1.6 Sunrise 6:53	MONDAY 1	HIGH 1:15 Height 9.7 LOW 7:40 Height 0.6 Sunset 4:12	HIGH 6:40 Height 9.9 LOW 12:24 Height 0.8 Sunrise 7:01	MONDAY 8	HIGH 7:09 Height 9.1 LOW 1:01 Height 0.6 Sunset 4:11
HIGH 1:56 Height 6.5 LOW 7:48 Height 1.8 Sunrise 6:54	TUESDAY 2	HIGH 1:57 Height 9.5 LOW 8:22 Height 0.8 Sunset 4:12	HIGH 7:31 Height 10.5 LOW 1:17 Height 0.6 Sunrise 7:01	TUESDAY 9	HIGH 8:06 Height 9.4 LOW 1:57 Height -0.1 Sunset 4:11
HIGH 2:39 Height 8.5 LOW 8:33 Height 1.8 Sunrise 6:55	WEDNESDAY 3	HIGH 2:42 Height 9.3 LOW 9:06 Height 0.9 Sunset 4:12	HIGH 8:23 Height 11.1 LOW 2:10 Height 0.4 Sunrise 7:01	WEDNESDAY 10	HIGH 9:01 Height 9.6 LOW 2:52 Height -0.7 Sunset 4:11
HIGH 3:24 Height 8.5 LOW 9:22 Height 1.9 Sunrise 6:56	THURSDAY 4	HIGH 3:31 Height 9.1 LOW 9:52 Height 1.0 Sunset 4:12	HIGH 9:15 Height 11.6 LOW 3:02 Height 0.1 Sunrise 7:02	THURSDAY 11	HIGH 9:56 Height 9.9 LOW 3:45 Height -1.3 Sunset 4:11
HIGH 4:11 Height 8.7 LOW 10:14 Height 1.8 Sunrise 6:57	FRIDAY 5 FIRST QUARTER	HIGH 4:22 Height 9.0 LOW 10:41 Height 1.0 Sunset 4:11	HIGH 10:07 Height 12.0 LOW 3:55 Height -0.2 Sunrise 7:03	FRIDAY 12 FULL MOON	HIGH 10:50 Height 10.1 LOW 4:38 Height -1.7 Sunset 4:11
HIGH 4:59 Height 9.0 LOW 11:09 Height 1.5 Sunrise 6:58	SATURDAY 6 NOV-DEC	HIGH 5:16 Height 8.9 LOW 11:32 Height 1.0 Sunset 4:11	HIGH 11:00 Height 12.2 LOW 4:48 Height -0.4 Sunrise 7:04	SATURDAY 13 DECEMBER	HIGH 11:43 Height 10.2 LOW 5:31 Height -1.9 Sunset 4:11

Eastern Standard Time - Corrected For Daylight Saving Time

Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon
HIGH 11:54 Height 12.2 LOW 5:40 Height -0.5 Sunrise 7:05	SUNDAY 14	HIGH — Height — LOW 6:23 Height -1.8 Sunset 4:12	HIGH 6:14 Height 9.6 LOW — Height — Sunrise 7:09	SUNDAY 21	HIGH 8:47 Height 8.6 LOW 12:32 Height 0.9 Sunset 4:14
HIGH 12:37 Height 10.2 LOW 6:34 Height -0.5 Sunrise 7:05	MONDAY 15	HIGH 12:48 Height 11.9 LOW 7:15 Height -1.6 Sunset 4:12	HIGH 7:09 Height 9.5 LOW 12:46 Height 1.3 Sunrise 7:10	MONDAY 22	HIGH 7:48 Height 8.4 LOW 1:33 Height 0.9 Sunset 4:14
HIGH 1:31 Height 10.2 LOW 7:29 Height -0.3 Sunrise 7:06	TUESDAY 16	HIGH 1:44 Height 11.5 LOW 8:08 Height -1.2 Sunset 4:12	HIGH 8:01 Height 9.6 LOW 1:40 Height 1.5 Sunrise 7:10	TUESDAY 23	HIGH 8:43 Height 8.4 LOW 2:29 Height 0.8 Sunset 4:15
HIGH 2:27 Height 10.0 LOW 8:25 Height 0.0 Sunrise 7:07	WEDNESDAY 17	HIGH 2:41 Height 10.9 LOW 9:02 Height -0.6 Sunset 4:12	HIGH 8:50 Height 9.7 LOW 2:31 Height 1.6 Sunrise 7:11	WEDNESDAY 24	HIGH 9:33 Height 8.1 LOW 3:18 Height 0.6 Sunset 4:15
HIGH 3:23 Height 9.9 LOW 9:24 Height 0.4 Sunrise 7:08	THURSDAY 18	HIGH 3:40 Height 10.2 LOW 9:57 Height -0.1 Sunset 4:13	HIGH 9:34 Height 9.8 LOW 3:17 Height 1.6 Sunrise 7:11	THURSDAY 25	HIGH 10:17 Height 8.5 LOW 4:02 Height 0.5 Sunset 4:16
HIGH 4:20 Height 9.7 LOW 10:25 Height 0.7 Sunrise 7:08	FRIDAY 19 LAST QUARTER	HIGH 4:41 Height 9.5 LOW 10:53 Height 0.5 Sunset 4:13	HIGH 10:16 Height 9.9 LOW 4:01 Height 1.5 Sunrise 7:12	FRIDAY 26	HIGH 10:58 Height 8.6 LOW 4:42 Height 0.3 Sunset 4:17
HIGH 5:17 Height 9.6 LOW 11:29 Height 0.9 Sunrise 7:09	SATURDAY 20 DECEMBER	HIGH 5:44 Height 9.0 LOW 11:50 Height 1.0 Sunset 4:13	HIGH 10:56 Height 9.9 LOW 4:42 Height 1.4 Sunrise 7:12	SATURDAY 27 NEW MOON DECEMBER	HIGH 11:36 Height 8.6 LOW 5:21 Height 0.3 Sunset 4:17

Eastern Standard Time - Corrected For Daylight Saving Time

2008 **DEC** 2008

Morning	BOSTON	Afternoon
HIGH 11:35 Height 10.0 LOW 5:22 Height 1.3 Sunrise 7:12	SUNDAY 28	HIGH — Height — LOW 5:59 Height 0.2 Sunset 4:18
HIGH 12:14 Height 8.7 LOW 6:02 Height 1.3 Sunrise 7:12	MONDAY 29	HIGH 12:14 Height 10.0 LOW 6:36 Height 0.2 Sunset 4:19
HIGH 12:51 Height 8.8 LOW 6:42 Height 1.2 Sunrise 7:13	TUESDAY 30	HIGH 12:52 Height 9.9 LOW 7:14 Height 0.2 Sunset 4:20
HIGH 1:29 Height 8.8 LOW 7:23 Height 1.2 Sunrise 7:13	WEDNESDAY 31	HIGH 1:32 Height 9.8 LOW 7:53 Height 0.3 Sunset 4:22