

2010			JUNE			2010			2010			JUNE-JULY			2010																																																																				
Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon	Morning	BOSTON	Afternoon																																																																		
HIGH 12:00 Height 11.3 LOW 6:29 Height -0.8 Sunrise 5:07	SUNDAY 13	HIGH 12:42 Height 9.7 LOW 6:38 Height 0.4 Sunset 8:22	HIGH 6:26 Height 9.8 LOW 12:13 Height 0.3 Sunrise 5:08	SUNDAY 20	HIGH 6:56 Height 10.6 LOW 12:35 Height 0.3 Sunset 8:25	HIGH 12:10 Height 10.6 LOW 6:34 Height -0.1 Sunrise 5:10	SUNDAY 27	HIGH 12:50 Height 9.3 LOW 6:39 Height 1.0 Sunset 8:26	HIGH 5:16 Height 8.8 LOW 11:25 Height 1.4 Sunrise 5:13	SUNDAY 4 LAST QUARTER	HIGH 5:42 Height 9.3 LOW 11:58 Height 1.6 Sunset 8:25	HIGH 12:49 Height 11.5 LOW 7:17 Height -1.0 Sunrise 5:07	MONDAY 14	HIGH 1:31 Height 9.9 LOW 7:28 Height 0.2 Sunset 8:23	HIGH 7:29 Height 9.5 LOW 1:16 Height 0.2 Sunrise 5:08	MONDAY 21	HIGH 7:54 Height 10.7 LOW 1:33 Height 0.6 Sunset 8:25	HIGH 12:53 Height 10.5 LOW 7:15 Height 0.0 Sunrise 5:10	MONDAY 28	HIGH 1:31 Height 9.3 LOW 7:22 Height 1.1 Sunset 8:26	HIGH 6:07 Height 8.6 LOW — Height — Sunrise 5:14	MONDAY 5	HIGH 6:30 Height 9.4 LOW 12:13 Height 1.6 Sunset 8:24	HIGH 1:39 Height 11.5 LOW 8:06 Height -1.1 Sunrise 5:07	TUESDAY 15	HIGH 2:22 Height 10.1 LOW 8:20 Height 0.1 Sunset 8:23	HIGH 8:32 Height 9.3 LOW 2:18 Height 0.1 Sunrise 5:08	TUESDAY 22	HIGH 8:51 Height 10.7 LOW 2:30 Height 0.8 Sunset 8:25	HIGH 1:34 Height 10.3 LOW 7:55 Height 0.2 Sunrise 5:11	TUESDAY 29	HIGH 2:11 Height 9.3 LOW 8:05 Height 1.2 Sunset 8:26	HIGH 7:00 Height 8.4 LOW 12:51 Height 1.5 Sunrise 5:15	TUESDAY 6	HIGH 7:19 Height 9.6 LOW 1:03 Height 1.7 Sunset 8:24	HIGH 2:32 Height 11.4 LOW 8:57 Height -1.0 Sunrise 5:07	WEDNESDAY 16	HIGH 3:13 Height 10.3 LOW 9:15 Height 0.1 Sunset 8:24	HIGH 9:32 Height 9.2 LOW 3:17 Height 0.0 Sunrise 5:08	WEDNESDAY 23	HIGH 9:45 Height 10.8 LOW 3:25 Height 0.9 Sunset 8:25	HIGH 2:16 Height 10.1 LOW 8:35 Height 0.4 Sunrise 5:11	WEDNESDAY 30	HIGH 2:51 Height 9.3 LOW 8:48 Height 1.3 Sunset 8:25	HIGH 7:55 Height 8.4 LOW 1:46 Height 1.2 Sunrise 5:15	WEDNESDAY 7	HIGH 8:11 Height 9.9 LOW 1:56 Height 1.6 Sunset 8:24	HIGH 3:27 Height 11.1 LOW 9:49 Height -0.8 Sunrise 5:07	THURSDAY 17	HIGH 4:07 Height 10.4 LOW 10:12 Height 0.2 Sunset 8:24	HIGH 10:28 Height 9.2 LOW 4:13 Height -0.1 Sunrise 5:09	THURSDAY 24	HIGH 10:36 Height 10.8 LOW 4:18 Height 1.0 Sunset 8:26	HIGH 2:58 Height 9.8 LOW 9:15 Height 0.6 Sunrise 5:12	THURSDAY 1	HIGH 3:31 Height 9.2 LOW 9:32 Height 1.4 Sunset 8:25	HIGH 8:50 Height 8.5 LOW 2:40 Height 0.9 Sunrise 5:16	THURSDAY 8	HIGH 9:03 Height 10.3 LOW 2:49 Height 1.4 Sunset 8:23	HIGH 4:24 Height 10.7 LOW 10:42 Height -0.5 Sunrise 5:07	FRIDAY 18 FIRST QUARTER	HIGH 5:02 Height 10.5 LOW 11:11 Height 0.2 Sunset 8:24	HIGH 11:19 Height 9.3 LOW 5:04 Height -0.2 Sunrise 5:09	FRIDAY 25	HIGH 11:24 Height 10.7 LOW 5:07 Height 1.0 Sunset 8:26	HIGH 3:42 Height 9.5 LOW 9:57 Height 0.9 Sunrise 5:12	FRIDAY 2	HIGH 4:13 Height 9.2 LOW 10:19 Height 1.5 Sunset 8:25	HIGH 9:44 Height 8.8 LOW 3:34 Height 0.4 Sunrise 5:17	FRIDAY 9	HIGH 9:55 Height 10.7 LOW 3:42 Height 1.1 Sunset 8:23	HIGH 5:24 Height 10.3 LOW 11:38 Height -0.1 Sunrise 5:08	SATURDAY 19	HIGH 5:59 Height 10.6 LOW — Height — Sunset 8:25	HIGH — Height — LOW 5:50 Height -0.2 Sunrise 5:09	SATURDAY 26 FULL MOON	HIGH 12:06 Height 9.3 LOW 5:54 Height 1.0 Sunset 8:26	HIGH 4:27 Height 9.1 LOW 10:40 Height 1.2 Sunrise 5:13	SATURDAY 3	HIGH 4:57 Height 9.3 LOW 11:07 Height 1.6 Sunset 8:25	HIGH 10:37 Height 9.2 LOW 4:26 Height -0.1 Sunrise 5:17	SATURDAY 10	HIGH 10:47 Height 11.2 LOW 4:34 Height 0.7 Sunset 8:23
JUNE			JUNE			JUNE-JULY			JULY																																																																										

Eastern Standard Time - Corrected For Daylight Saving Time

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