



# 2025 TIDECHARTS

Coastal Resources Management Council  
Oliver Stedman Government Center  
4808 Tower Hill Road – Suite 116  
Wakefield, RI 02879-1900  
(401)783-3370

## JANUARY

## FEBRUARY

## MARCH

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
1 Wed	8:24	3.9	8:49	3.3	1:30	-0.3	2:29	-0.2	7:10	4:27	☾
2 Thu	9:09	3.9	9:36	3.4	2:15	-0.3	3:05	-0.3	7:10	4:28	☾
3 Fri	9:57	3.8	10:27	3.4	3:00	-0.3	3:41	-0.3	7:10	4:29	☾
4 Sat	10:47	3.6	11:20	3.5	3:47	-0.2	4:21	-0.2	7:10	4:30	☾
5 Sun	11:41	3.5			4:39	0.0	5:05	-0.2	7:10	4:31	☾
6 Mon	12:15	3.6	12:36	3.3	5:43	0.2	5:57	-0.1	7:10	4:32	☾
7 Tue	1:10	3.6	1:34	3.1	7:13	0.3	6:58	0.0	7:09	4:33	☾
8 Wed	2:09	3.7	2:36	3.0	9:00	0.3	8:04	0.0	7:09	4:34	☾
9 Thu	3:14	3.7	3:44	2.9	10:12	0.2	9:09	0.0	7:09	4:35	☾
10 Fri	4:22	3.8	4:49	3.1	11:09	0.1	10:10	-0.1	7:09	4:36	☾
11 Sat	5:23	4.0	5:47	3.3	12:01P	0.0	11:05	-0.2	7:09	4:37	☾
12 Sun	6:18	4.1	6:39	3.4	12:51P	-0.1	11:56	-0.3	7:08	4:38	☾
13 Mon	7:06	4.1	7:28	3.6			1:36	-0.1	7:08	4:39	☾
14 Tue	7:55	4.1	8:14	3.6	12:47	-0.3	2:13	-0.2	7:07	4:41	☾
15 Wed	8:39	3.9	9:00	3.6	1:35	-0.3	2:43	-0.1	7:07	4:42	☾
16 Thu	9:22	3.7	9:44	3.5	2:20	-0.2	3:10	-0.1	7:07	4:43	☾
17 Fri	10:04	3.4	10:29	3.3	3:02	-0.1	3:37	0.0	7:06	4:44	☾
18 Sat	10:45	3.1	11:14	3.2	3:43	0.0	4:08	0.0	7:06	4:45	☾
19 Sun	11:26	2.8	11:58	3.0	4:26	0.2	4:42	0.1	7:05	4:46	☾
20 Mon			12:08	2.6	5:13	0.4	5:21	0.3	7:04	4:48	☾
21 Tue	12:40	2.9	12:49	2.4	6:12	0.6	6:08	0.4	7:04	4:49	☾
22 Wed	1:23	2.8	1:34	2.2	7:25	0.7	7:05	0.4	7:03	4:50	☾
23 Thu	2:10	2.7	2:28	2.1	8:44	0.6	8:08	0.4	7:02	4:51	☾
24 Fri	3:08	2.7	3:32	2.2	9:48	0.5	9:11	0.3	7:02	4:52	☾
25 Sat	4:11	2.9	4:35	2.4	10:39	0.4	10:07	0.2	7:01	4:54	☾
26 Sun	5:07	3.1	5:28	2.6	11:24	0.2	10:57	0.0	7:00	4:55	☾
27 Mon	5:54	3.4	6:14	2.9	12:07P	0.0	11:44	-0.3	6:59	4:56	☾
28 Tue	6:38	3.7	6:59	3.2			12:48	-0.2	6:58	4:57	☾
29 Wed	7:21	3.9	7:43	3.5	12:31	-0.4	1:28	-0.4	6:57	4:59	☾
30 Thu	8:05	4.0	8:29	3.7	1:19	-0.6	2:05	-0.6	6:56	5:00	☾
31 Fri	8:50	4.0	9:16	3.8	2:06	-0.6	2:41	-0.6	6:55	5:01	☾

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
1 Sat	9:37	3.9	10:05	3.9	2:53	-0.6	3:17	-0.6	6:54	5:02	☾
2 Sun	10:27	3.7	10:57	3.9	3:39	-0.4	3:54	-0.6	6:53	5:04	☾
3 Mon	11:21	3.4	11:52	3.8	4:29	-0.2	4:36	-0.4	6:52	5:05	☾
4 Tue			12:17	3.2	5:29	0.1	5:25	-0.2	6:51	5:06	☾
5 Wed	12:49	3.7	1:16	3.0	7:04	0.3	6:24	0.0	6:50	5:08	☾
6 Thu	1:50	3.6	2:19	2.8	8:10	0.3	7:37	0.2	6:49	5:09	☾
7 Fri	2:58	3.5	3:28	2.8	9:05	0.3	9:01	0.2	6:48	5:10	☾
8 Sat	4:10	3.5	4:36	2.9	11:11	0.2	10:14	0.1	6:47	5:11	☾
9 Sun	5:15	3.6	5:34	3.2	12:00P	0.1	11:10	0.0	6:45	5:13	☾
10 Mon	6:08	3.7	6:25	3.4	12:42P	0.0	11:57	-0.1	6:44	5:14	☾
11 Tue	6:55	3.8	7:11	3.6			1:17	-0.1	6:43	5:15	☾
12 Wed	7:37	3.8	7:54	3.6	12:41	-0.2	1:43	-0.1	6:42	5:16	☾
13 Thu	8:16	3.7	8:35	3.6	1:23	-0.3	2:06	-0.2	6:40	5:18	☾
14 Fri	8:54	3.5	9:14	3.6	2:03	-0.3	2:31	-0.2	6:39	5:19	☾
15 Sat	9:30	3.3	9:52	3.4	2:41	-0.2	2:58	-0.2	6:38	5:20	☾
16 Sun	10:06	3.0	10:30	3.2	3:18	-0.1	3:27	-0.1	6:36	5:21	☾
17 Mon	10:43	2.8	11:08	3.1	3:56	0.1	3:59	0.0	6:35	5:23	☾
18 Tue	11:22	2.5	11:47	2.9	4:36	0.3	4:34	0.2	6:34	5:24	☾
19 Wed			12:04	2.3	5:21	0.5	5:15	0.3	6:32	5:25	☾
20 Thu	12:30	2.7	12:51	2.2	6:19	0.6	6:07	0.5	6:31	5:26	☾
21 Fri	1:18	2.6	1:43	2.2	7:42	0.7	7:14	0.5	6:29	5:27	☾
22 Sat	2:15	2.6	2:46	2.2	9:11	0.7	8:31	0.5	6:28	5:29	☾
23 Sun	3:25	2.7	3:55	2.4	10:11	0.5	9:40	0.2	6:26	5:30	☾
24 Mon	4:32	3.0	4:56	2.7	10:57	0.2	10:37	0.0	6:25	5:31	☾
25 Tue	5:26	3.4	5:47	3.2	11:37	-0.1	11:28	-0.3	6:23	5:32	☾
26 Wed	6:13	3.7	6:35	3.6			12:16	-0.3	6:22	5:33	☾
27 Thu	6:58	4.0	7:20	3.9	12:17	-0.5	12:54	-0.6	6:20	5:35	☾
28 Fri	7:44	4.1	8:07	4.2	1:06	-0.7	1:32	-0.7	6:19	5:36	☾

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
1 Sat	8:30	4.1	8:54	4.4	1:56	-0.8	2:10	-0.8	6:17	5:37	☾
2 Sun	9:18	4.0	9:43	4.4	2:44	-0.7	2:49	-0.8	6:16	5:38	☾
3 Mon	10:08	3.8	10:35	4.2	3:31	-0.5	3:29	-0.6	6:14	5:39	☾
4 Tue	11:03	3.5	11:31	4.0	4:19	-0.3	4:11	-0.4	6:12	5:40	☾
5 Wed			12:00	3.2	5:17	0.1	5:00	-0.1	6:11	5:42	☾
6 Thu	12:31	3.7	1:00	3.0	7:11	0.4	6:01	0.2	6:09	5:43	☾
7 Fri	1:34	3.5	2:04	2.9	8:58	0.4	7:25	0.4	6:07	5:44	☾
8 Sat	2:43	3.3	3:12	2.9	10:06	0.4	9:27	0.4	6:06	5:45	☾
9 Sun	4:57	3.3	5:20	3.0	11:58	0.3	11:34	0.3	7:04	6:46	☾
10 Mon	6:01	3.4	6:18	3.3			12:41	0.2	7:03	6:47	☾
11 Tue	6:52	3.5	7:07	3.5	12:18	0.2	1:14	0.1	7:01	6:48	☾
12 Wed	7:35	3.6	7:50	3.7	12:54	0.0	1:38	0.0	6:59	6:50	☾
13 Thu	8:13	3.6	8:30	3.8	1:29	-0.1	1:58	0.0	6:58	6:51	☾
14 Fri	8:50	3.5	9:07	3.8	2:05	-0.2	2:22	-0.1	6:56	6:52	☾
15 Sat	9:24	3.4	9:42	3.7	2:42	-0.2	2:50	-0.2	6:54	6:53	☾
16 Sun	9:58	3.2	10:15	3.6	3:19	-0.2	3:20	-0.1	6:53	6:54	☾
17 Mon	10:32	3.0	10:48	3.4	3:54	-0.1	3:51	-0.1	6:51	6:55	☾
18 Tue	11:07	2.8	11:23	3.2	4:30	0.0	4:24	0.1	6:49	6:56	☾
19 Wed	11:46	2.6			5:05	0.2	4:59	0.2	6:47	6:57	☾
20 Thu	12:02	3.0	12:30	2.4	5:43	0.4	5:36	0.4	6:46	6:58	☾
21 Fri	12:48	2.8	1:19	2.4	6:31	0.6	6:24	0.5	6:44	7:00	☾
22 Sat	1:40	2.8	2:13	2.4	7:40	0.8	7:30	0.6	6:42	7:01	☾
23 Sun	2:39	2.8	3:13	2.4	9:21	0.7	8:54	0.6	6:41	7:02	☾
24 Mon	3:44	2.9	4:19	2.7	10:31	0.5	10:14	0.3	6:39	7:03	☾
25 Tue	4:53	3.1	5:23	3.0	11:17	0.2	11:16	0.0	6:37	7:04	☾
26 Wed	5:53	3.4	6:19	3.5	11:57	-0.1			6:36	7:05	☾
27 Thu	6:45	3.8	7:09	4.0	12:10	-0.3	12:35	-0.4	6:34	7:06	☾
28 Fri	7:33	4.0	7:56	4.4	1:01	-0.5	1:15	-0.6	6:32	7:07	☾
29 Sat	8:21	4.1	8:44	4.7	1:52	-0.7	1:56	-0.8	6:31	7:08	☾
30 Sun	9:09	4.1	9:32	4.8	2:43	-0.8	2:39	-0.8	6:29	7:09	☾
31 Mon	9:59	4.0	10:22	4.7	3:33	-0.7	3:22	-0.7	6:27	7:11	☾

## APRIL

## MAY

## JUNE

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
1 Tue	10:51	3.8	11:16	4.4	4:21	-0.5	4:06	-0.5	6:25	7:12	☾
2 Wed	11:46	3.6			5:11	-0.2	4:52	-0.2	6:24	7:13	☾
3 Thu	12:13	4.1	12:45	3.3	6:11	0.2	5:43	0.1	6:22	7:14	☾
4 Fri	1:15	3.7	1:45	3.2	8:10	0.5	6:47	0.5	6:20	7:15	☾
5 Sat	2:18	3.4	2:48	3.1	9:40	0.5	8:42	0.7	6:19	7:16	☾
6 Sun	3:25	3.2	3:53	3.1	10:42	0.5	10:36	0.6	6:17	7:17	☾
7 Mon	4:34	3.2	4:58	3.2	11:29	0.4	11:29	0.5	6:16	7:18	☾
8 Tue	5:35	3.2	5:55	3.4			12:04	0.4	6:14	7:19	☾
9 Wed	6:25	3.3	6:43	3.6	12:06	0.4	12:27	0.3	6:12	7:20	☾
10 Thu	7:07	3.3	7:24	3.8	12:36	0.2	12:46	0.2	6:11	7:21	☾
11 Fri	7:45	3.3	8:01	3.9	1:08	0.1	1:08	0.1	6:09	7:22	☾
12 Sat	8:20	3.3	8:38	3.9	1:42	0.0	1:37	0.0	6:07	7:24	☾
13 Sun	8:54	3.3	9:09	3.8	2:19	-0.1	2:10	0.0	6:06	7:25	☾
14 Mon	9:28	3.2	9:41	3.7	2:56	-0.1	2:45	0.0	6:04	7:26	☾
15 Tue	10:03	3.0	10:14	3.5	3:32	0.0	3:20	0.1	6:03	7:27	☾
16 Wed	10:40	2.9	10:50	3.3	4:07	0.1	3:54	0.2	6:01	7:28	☾
17 Thu	11:20	2.7	11:32	3.2	4:41	0.3	4:30	0.3	6:00	7:29	☾
18 Fri			12:06	2.6	5:18	0.5	5:09	0.5	5:58	7:30	☾
19 Sat	12:21	3.0	12:57	2.6	6:01						



# JULY

# AUGUST

# SEPTEMBER

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
	1 Tue	12:54	3.4	1:27	3.6	6:22	0.5	6:48			
2 Wed	1:41	3.1	2:15	3.5	7:04	0.6	8:00	1.0	5:14	8:24	☾
3 Thu	2:26	2.9	3:02	3.4	7:52	0.7	9:13	1.0	5:15	8:24	☾
4 Fri	3:13	2.7	3:52	3.3	8:43	0.7	10:12	0.9	5:15	8:24	☾
5 Sat	4:07	2.6	4:46	3.3	9:34	0.7	11:02	0.8	5:16	8:23	☾
6 Sun	5:05	2.6	5:39	3.4	10:25	0.6	11:46	0.7	5:16	8:23	☾
7 Mon	6:00	2.7	6:26	3.5	11:13	0.5			5:17	8:23	☾
8 Tue	6:46	2.9	7:08	3.6	12:30	0.5	12:00	0.4	5:18	8:22	☾
9 Wed	7:28	3.0	7:48	3.8	1:13	0.4	12:45	0.3	5:18	8:22	☾
10 Thu	8:09	3.2	8:27	3.9	1:58	0.3	1:30	0.3	5:19	8:21	☾
11 Fri	8:51	3.3	9:07	4.0	2:40	0.2	2:15	0.2	5:20	8:21	☾
12 Sat	9:33	3.5	9:49	4.0	3:18	0.1	3:00	0.2	5:21	8:20	☾
13 Sun	10:17	3.6	10:34	4.0	3:51	0.1	3:44	0.2	5:21	8:20	☾
14 Mon	11:04	3.7	11:21	3.9	4:24	0.0	4:29	0.2	5:22	8:19	☾
15 Tue	11:54	3.8			4:58	0.0	5:16	0.3	5:23	8:19	☾
16 Wed	12:12	3.7	12:45	3.9	5:37	0.0	6:11	0.5	5:24	8:18	☾
17 Thu	1:05	3.6	1:38	4.0	6:23	0.1	7:22	0.6	5:25	8:17	☾
18 Fri	2:00	3.4	2:33	4.1	7:17	0.2	8:57	0.6	5:25	8:17	☾
19 Sat	2:58	3.3	3:33	4.1	8:18	0.2	10:26	0.6	5:26	8:16	☾
20 Sun	4:03	3.2	4:40	4.2	9:24	0.3	11:32	0.4	5:27	8:15	☾
21 Mon	5:11	3.3	5:47	4.3	10:30	0.2			5:28	8:14	☾
22 Tue	6:14	3.5	6:47	4.4	12:28	0.3	11:31A	0.1	5:29	8:14	☾
23 Wed	7:11	3.7	7:41	4.5	1:21	0.2	12:28	0.1	5:30	8:13	☾
24 Thu	8:03	3.9	8:31	4.5	2:11	0.2	1:23	0.0	5:31	8:12	☾
25 Fri	8:52	4.0	9:18	4.4	2:56	0.1	2:16	0.1	5:32	8:11	☾
26 Sat	9:40	4.1	10:03	4.2	3:31	0.1	3:06	0.1	5:33	8:10	☾
27 Sun	10:27	4.0	10:47	4.0	4:00	0.1	3:51	0.2	5:34	8:09	☾
28 Mon	11:14	3.9	11:30	3.6	4:27	0.2	4:34	0.4	5:35	8:08	☾
29 Tue			12:00	3.8	4:55	0.3	5:17	0.6	5:36	8:07	☾
30 Wed	12:14	3.3	12:46	3.6	5:28	0.4	6:03	0.8	5:37	8:06	☾
31 Thu	12:58	3.0	1:30	3.4	6:05	0.5	6:59	0.9	5:38	8:05	☾

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
	1 Fri	1:41	2.8	2:14	3.3	6:50	0.7	8:09			
2 Sat	2:25	2.6	3:00	3.2	7:44	0.8	9:26	1.0	5:40	8:03	☾
3 Sun	3:15	2.5	3:53	3.1	8:45	0.8	10:30	1.0	5:41	8:01	☾
4 Mon	4:14	2.5	4:55	3.2	9:49	0.8	11:22	0.8	5:42	8:00	☾
5 Tue	5:18	2.7	5:52	3.3	10:47	0.7			5:43	7:59	☾
6 Wed	6:12	2.9	6:39	3.6	12:07	0.6	11:39A	0.5	5:44	7:58	☾
7 Thu	6:59	3.1	7:21	3.8	12:49	0.5	12:26	0.3	5:45	7:56	☾
8 Fri	7:42	3.4	8:02	4.0	1:30	0.3	1:12	0.2	5:46	7:55	☾
9 Sat	8:25	3.7	8:43	4.2	2:08	0.1	1:59	0.0	5:47	7:54	☾
10 Sun	9:08	3.9	9:26	4.2	2:44	-0.1	2:45	0.0	5:48	7:53	☾
11 Mon	9:53	4.1	10:12	4.2	3:19	-0.2	3:31	0.0	5:49	7:51	☾
12 Tue	10:39	4.2	11:00	4.0	3:53	-0.2	4:17	0.0	5:50	7:50	☾
13 Wed	11:29	4.2	11:51	3.8	4:29	-0.2	5:04	0.2	5:51	7:48	☾
14 Thu			12:22	4.2	5:09	-0.1	5:58	0.4	5:52	7:47	☾
15 Fri	12:46	3.6	1:17	4.2	5:54	0.1	7:10	0.6	5:53	7:46	☾
16 Sat	1:44	3.4	2:16	4.1	6:49	0.3	9:12	0.7	5:54	7:44	☾
17 Sun	2:44	3.3	3:19	4.0	7:55	0.5	10:36	0.7	5:55	7:43	☾
18 Mon	3:49	3.2	4:29	4.0	9:14	0.5	11:37	0.6	5:56	7:41	☾
19 Tue	4:58	3.3	5:38	4.0	10:33	0.5			5:57	7:40	☾
20 Wed	6:02	3.5	6:37	4.2	12:27	0.5	11:37A	0.4	5:58	7:38	☾
21 Thu	6:57	3.8	7:27	4.3	1:12	0.4	12:30	0.3	5:59	7:37	☾
22 Fri	7:46	4.0	8:13	4.3	1:51	0.3	1:18	0.2	6:00	7:35	☾
23 Sat	8:32	4.1	8:55	4.2	2:22	0.2	2:03	0.2	6:01	7:34	☾
24 Sun	9:16	4.2	9:35	4.0	2:48	0.2	2:46	0.2	6:02	7:32	☾
25 Mon	9:58	4.1	10:15	3.8	3:13	0.2	3:27	0.2	6:03	7:31	☾
26 Tue	10:39	4.0	10:54	3.5	3:41	0.2	4:06	0.3	6:04	7:29	☾
27 Wed	11:19	3.8	11:34	3.2	4:12	0.3	4:44	0.5	6:05	7:27	☾
28 Thu			12:00	3.6	4:45	0.4	5:25	0.7	6:06	7:26	☾
29 Fri	12:15	3.0	12:42	3.4	5:21	0.5	6:11	0.9	6:07	7:24	☾
30 Sat	12:59	2.8	1:25	3.2	6:02	0.7	7:10	1.1	6:08	7:23	☾
31 Sun	1:45	2.6	2:12	3.1	6:53	0.9	8:36	1.1	6:09	7:21	☾

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
	1 Mon	2:34	2.6	3:05	3.0	8:00	1.0	10:01			
2 Tue	3:31	2.6	4:08	3.1	9:16	0.9	10:57	0.9	6:11	7:18	☾
3 Wed	4:36	2.7	5:11	3.3	10:24	0.7	11:40	0.7	6:12	7:16	☾
4 Thu	5:37	3.0	6:04	3.6	11:19	0.5			6:13	7:14	☾
5 Fri	6:27	3.4	6:50	3.9	12:17	0.4	12:08	0.3	6:14	7:13	☾
6 Sat	7:13	3.8	7:34	4.1	12:52	0.2	12:54	0.0	6:15	7:11	☾
7 Sun	7:57	4.1	8:18	4.3	1:28	-0.1	1:41	-0.1	6:16	7:09	☾
8 Mon	8:42	4.4	9:03	4.3	2:04	-0.3	2:29	-0.2	6:17	7:07	☾
9 Tue	9:27	4.6	9:50	4.3	2:42	-0.4	3:17	-0.2	6:18	7:06	☾
10 Wed	10:15	4.7	10:39	4.1	3:21	-0.4	4:04	-0.1	6:19	7:04	☾
11 Thu	11:06	4.6	11:33	3.8	4:01	-0.3	4:52	0.1	6:20	7:02	☾
12 Fri			12:01	4.4	4:44	-0.1	5:46	0.4	6:21	7:01	☾
13 Sat	12:30	3.6	1:00	4.2	5:32	0.2	7:11	0.7	6:22	6:59	☾
14 Sun	1:30	3.4	2:02	4.0	6:29	0.4	9:22	0.8	6:23	6:57	☾
15 Mon	2:32	3.3	3:08	3.8	7:45	0.7	10:34	0.7	6:24	6:55	☾
16 Tue	3:38	3.3	4:18	3.8	9:35	0.7	11:28	0.6	6:25	6:54	☾
17 Wed	4:46	3.4	5:25	3.8	11:00	0.6			6:26	6:52	☾
18 Thu	5:48	3.7	6:21	3.9	12:13	0.5	11:51A	0.5	6:27	6:50	☾
19 Fri	6:40	3.9	7:08	4.0	12:48	0.4	12:32	0.4	6:28	6:49	☾
20 Sat	7:27	4.1	7:50	4.0	1:14	0.3	1:08	0.3	6:29	6:47	☾
21 Sun	8:09	4.2	8:29	3.9	1:35	0.3	1:45	0.2	6:30	6:45	☾
22 Mon	8:48	4.2	9:06	3.8	1:59	0.2	2:23	0.2	6:31	6:43	☾
23 Tue	9:26	4.2	9:42	3.8	2:27	0.2	3:01	0.2	6:32	6:42	☾
24 Wed	10:02	4.0	10:19	3.4	2:59	0.2	3:38	0.3	6:33	6:40	☾
25 Thu	10:38	3.8	10:57	3.1	3:33	0.3	4:15	0.4	6:34	6:38	☾
26 Fri	11:15	3.5	11:37	2.9	4:08	0.4	4:53	0.6	6:36	6:36	☾
27 Sat	11:56	3.3			4:44	0.6	5:33	0.8	6:37	6:35	☾
28 Sun	12:22	2.7	12:42	3.1	5:24	0.7	6:23	1.0	6:38	6:33	☾
29 Mon	1:11	2.6	1:33	3.0	6:12	0.9	7:39	1.1	6:39	6:31	☾
30 Tue	2:02	2.6	2:27	3.0	7:17	1.0	9:21	1.1	6:40	6:30	☾

# OCTOBER

# NOVEMBER

# DECEMBER

Date	High				Low				Rise	Set	Moon
	AM	ft	PM	ft	AM	ft	PM	ft			
	1 Wed	2:58	2.7	3:25	3.1	8:40	1.0	10:20			
2 Thu	3:58	2.9	4:28	3.3	9:58	0.8	11:01	0.6	6:42	6:26	☾
3 Fri	5:00	3.2	5:26	3.6	10:58	0.5	11:36	0.3	6:43	6:25	☾
4 Sat	5:54	3.6	6:18	3.9	11:48	0.2			6:44	6:23	☾
5 Sun	6:43	4.1	7:05	4.1	12:11	0.0	12:35	-0.1	6:45	6:21	☾
6 Mon	7:30	4.5	7:52	4.2	12:47	-0.3	1:23	-0.3	6:46	6:20	☾
7 Tue	8:16	4.8	8:40	4.3	1:26	-0.4	2:12	-0.4	6:47	6:18	☾
8 Wed	9:04	5.0	9:29	4.2	2:08	-0.5	3:02	-0.3	6:48	6:16	☾
9 Thu	9:53	4.9	10:21	4.0	2:52	-0.5	3:52	-0.2	6:49	6:15	☾
10 Fri	10:46	4.7	11:16	3.8	3:38	-0.3	4:42	0.1	6:50	6:13	☾
11 Sat	11:43	4.4			4:25	-0.1	5:40	0.4	6:51	6:11	☾
12 Sun	12:15	3.6	12:45	4.1	5:16	0.2	7:27	0.6	6:53	6:10	☾
13 Mon	1:17	3.5	1:49	3.9	6:16	0.6	9:09	0.7	6:54	6:08	☾
14 Tue	2:19	3.4	2:54	3.7	7:51	0.8	10:15	0.7	6:55	6:07	☾
15 Wed	3:23	3.4	3:59	3.6	10:05	0.8	11:05	0.6	6:56	6:05	☾
16 Thu	4:28	3.5	5:03	3.6	11:06	0.6	11:43	0.5	6:57	6:03	☾
17 Fri	5:28										