

**Coast Guard Beach, Eastham**  
**2009 HIGH TIDES (approximate)**

	April		May		June	
	AM	PM	AM	PM	AM	PM
1	4:23	5:09	5:12	6:02	7:07	7:44
2	5:23	6:12	6:18	7:06	8:11	8:41
3	6:28	7:20	7:25	8:09	9:12	9:34
4	7:37	8:26	8:31	9:07	10:09	10:23
5	8:46	9:28	9:33	10:00	11:01	11:09
6	9:49	10:23	10:29	10:49	11:48	11:52
7	10:46	11:13	11:20	11:33	-----	12:32
8	11:38	11:58	-----	12:07	12:33	1:13
9	-----	12:26	12:15	12:51	1:14	1:53
10	12:41	1:10	12:56	1:33	1:54	2:33
11	1:21	1:53	1:35	2:14	2:35	3:14
12	2:02	2:36	2:16	2:56	3:17	3:56
13	2:43	3:20	2:58	3:40	4:00	4:38
14	3:26	4:05	3:43	4:25	4:46	5:22
15	4:12	4:54	4:30	5:13	5:33	6:07
16	5:02	5:47	5:20	6:03	6:24	6:54
17	5:57	6:43	6:12	6:52	7:17	7:42
18	6:55	7:39	7:07	7:42	8:12	8:33
19	7:52	8:32	8:00	8:30	9:08	9:24
20	8:47	9:20	8:54	9:16	10:04	10:17
21	9:38	10:04	9:46	10:02	11:00	11:10
22	10:26	10:46	10:36	10:48	11:55	-----
23	11:12	11:27	11:26	11:36	12:04	12:49
24	11:56	-----	-----	12:16	12:58	1:43
25	12:07	12:41	12:24	1:07	1:53	2:37
26	12:50	1:27	1:15	1:59	2:49	3:31
27	1:35	2:15	2:07	2:53	3:45	4:25
28	2:23	3:06	3:02	3:48	4:43	5:21
29	3:14	4:00	4:00	4:46	5:43	6:17
30	4:11	4:59	5:00	5:45	6:44	7:14
			6:03	6:45		

---- Indicates high tide at noon or midnight.

Low tide approximately 6 hours after high tide.

Average rise and fall is 6.7 feet.

Average time difference for high tide  
at these locations:

+2:00 for Pleasant Bay, - 00:15 for Wellfleet Harbor

Time varies due to wind and barometric pressure.

**Coast Guard Beach, Eastham**  
**2009 HIGH TIDES (approximate)**

	July		August		September	
	AM	PM	AM	PM	AM	PM
1	7:46	8:10	9:19	9:30	10:31	10:41
2	8:47	9:05	10:14	10:22	11:14	11:23
3	9:46	9:57	11:03	11:08	11:52	-----
4	10:39	10:46	11:46	11:51	12:03	12:28
5	11:28	11:31	-----	12:26	12:40	1:02
6	-----	12:12	12:30	1:02	1:17	1:36
7	12:13	12:52	1:08	1:38	1:55	2:11
8	12:53	1:31	1:46	2:13	2:34	2:48
9	1:32	2:08	2:23	2:47	3:16	3:29
10	2:11	2:46	3:02	3:24	4:03	4:16
11	2:50	3:23	3:43	4:03	4:55	5:09
12	3:31	4:02	4:27	4:47	5:54	6:09
13	4:13	4:42	5:17	5:35	6:58	7:15
14	4:58	5:25	6:13	6:31	8:04	8:21
15	5:47	6:11	7:13	7:31	9:07	9:25
16	6:41	7:02	8:18	8:34	10:06	10:25
17	7:38	7:57	9:21	9:37	11:00	11:21
18	8:38	8:55	10:22	10:37	11:50	-----
19	9:39	9:53	11:18	11:34	12:13	12:37
20	10:39	10:51	-----	12:11	1:03	1:23
21	11:36	11:48	12:29	1:01	1:51	2:08
22	-----	12:31	1:21	1:50	2:40	2:53
23	12:44	1:24	2:13	2:38	3:28	3:41
24	1:38	2:16	3:04	3:26	4:19	4:31
25	2:32	3:07	3:55	4:16	5:14	5:25
26	3:26	3:58	4:49	5:07	6:12	6:24
27	4:21	4:50	5:46	6:03	7:12	7:25
28	5:17	5:44	6:45	7:01	8:11	8:23
29	6:16	6:39	7:47	8:02	9:05	9:18
30	7:17	7:37	8:48	9:00	9:52	10:06
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