

**Coast Guard Beach, Eastham
2010 HIGH TIDES**

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

---- 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
2011 HIGH TIDES**

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

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