

TIDE CHART 2019

January 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 1	12:21 AM EAT / 3.21 m	6:59 AM EAT / 1.22 m	12:48 PM EAT / 2.76 m	6:57 PM EAT / 1.11 m			6:12 AM EAT	6:40 PM EAT
Wed 2	1:23 AM EAT / 3.36 m	8:02 AM EAT / 1.02 m	1:53 PM EAT / 2.84 m	7:55 PM EAT / 0.99 m			6:12 AM EAT	6:41 PM EAT
Thu 3	2:16 AM EAT / 3.51 m	8:49 AM EAT / 0.83 m	2:45 PM EAT / 2.95 m	8:41 PM EAT / 0.86 m			6:13 AM EAT	6:41 PM EAT
Fri 4	3:01 AM EAT / 3.64 m	9:28 AM EAT / 0.67 m	3:28 PM EAT / 3.06 m	9:21 PM EAT / 0.75 m			6:13 AM EAT	6:42 PM EAT
Sat 5	3:39 AM EAT / 3.73 m	10:02 AM EAT / 0.54 m	4:04 PM EAT / 3.16 m	9:57 PM EAT / 0.66 m			6:14 AM EAT	6:42 PM EAT
Sun 6	4:13 AM EAT / 3.79 m	10:35 AM EAT / 0.46 m	4:38 PM EAT / 3.23 m	10:31 PM EAT / 0.62 m		New Moon	6:14 AM EAT	6:42 PM EAT
Mon 7	4:45 AM EAT / 3.81 m	11:07 AM EAT / 0.42 m	5:10 PM EAT / 3.27 m	11:04 PM EAT / 0.62 m			6:15 AM EAT	6:43 PM EAT
Tue 8	5:16 AM EAT / 3.78 m	11:38 AM EAT / 0.42 m	5:42 PM EAT / 3.28 m	11:37 PM EAT / 0.66 m			6:15 AM EAT	6:43 PM EAT
Wed 9	5:47 AM EAT / 3.71 m	12:08 PM EAT / 0.47 m	6:14 PM EAT / 3.25 m				6:16 AM EAT	6:43 PM EAT
Thu 10		12:09 AM EAT / 0.75 m	6:18 AM EAT / 3.60 m	12:39 PM EAT / 0.56 m	6:48 PM EAT / 3.19 m		6:16 AM EAT	6:44 PM EAT
Fri 11		12:42 AM EAT / 0.88 m	6:51 AM EAT / 3.44 m	1:11 PM EAT / 0.69 m	7:24 PM EAT / 3.11 m		6:17 AM EAT	6:44 PM EAT
Sat 12		1:16 AM EAT / 1.03 m	7:27 AM EAT / 3.25 m	1:43 PM EAT / 0.84 m	8:06 PM EAT / 3.02 m		6:17 AM EAT	6:44 PM EAT
Sun 13		1:56 AM EAT / 1.19 m	8:09 AM EAT / 3.03 m	2:20 PM EAT / 1.01 m	8:56 PM EAT / 2.94 m		6:18 AM EAT	6:45 PM EAT
Mon 14		2:44 AM EAT / 1.36 m	9:04 AM EAT / 2.82 m	3:05 PM EAT / 1.18 m	9:58 PM EAT / 2.91 m	First Quarter	6:18 AM EAT	6:45 PM EAT
Tue 15		3:50 AM EAT / 1.49 m	10:15 AM EAT / 2.64 m	4:06 PM EAT / 1.32 m	11:08 PM EAT / 2.96 m		6:19 AM EAT	6:45 PM EAT
Wed 16		5:32 AM EAT / 1.50 m	11:36 AM EAT / 2.59 m	5:33 PM EAT / 1.36 m			6:19 AM EAT	6:45 PM EAT
Thu 17	12:19 AM EAT / 3.12 m	7:09 AM EAT / 1.29 m	12:52 PM EAT / 2.67 m	6:59 PM EAT / 1.23 m			6:20 AM EAT	6:46 PM EAT
Fri 18	1:23 AM EAT / 3.36 m	8:11 AM EAT / 0.98 m	1:58 PM EAT / 2.85 m	8:02 PM EAT / 1.00 m			6:20 AM EAT	6:46 PM EAT
Sat 19	2:19 AM EAT / 3.66 m	9:00 AM EAT / 0.65 m	2:53 PM EAT / 3.09 m	8:54 PM EAT / 0.72 m			6:21 AM EAT	6:46 PM EAT
Sun 20	3:09 AM EAT / 3.94 m	9:43 AM EAT / 0.35 m	3:42 PM EAT / 3.34 m	9:41 PM EAT / 0.46 m			6:21 AM EAT	6:46 PM EAT
Mon 21	3:57 AM EAT / 4.16 m	10:24 AM EAT / 0.12 m	4:28 PM EAT / 3.55 m	10:25 PM EAT / 0.26 m		Full Moon	6:21 AM EAT	6:46 PM EAT
Tue 22	4:42 AM EAT / 4.29 m	11:04 AM EAT / -0.02 m	5:12 PM EAT / 3.70 m	11:08 PM EAT / 0.15 m			6:22 AM EAT	6:47 PM EAT
Wed 23	5:27 AM EAT / 4.30 m	11:44 AM EAT / -0.06 m	5:56 PM EAT / 3.78 m	11:52 PM EAT / 0.15 m			6:22 AM EAT	6:47 PM EAT
Thu 24	6:11 AM EAT / 4.18 m	12:24 PM EAT / 0.01 m	6:41 PM EAT / 3.77 m				6:22 AM EAT	6:47 PM EAT

Fri 25		12:36 AM EAT / 0.28 m	6:55 AM EAT / 3.95 m	1:04 PM EAT / 0.18 m	7:27 PM EAT / 3.68 m		6:23 AM EAT	6:47 PM EAT
Sat 26		1:21 AM EAT / 0.50 m	7:41 AM EAT / 3.63 m	1:45 PM EAT / 0.42 m	8:17 PM EAT / 3.52 m		6:23 AM EAT	6:47 PM EAT
Sun 27		2:11 AM EAT / 0.80 m	8:31 AM EAT / 3.27 m	2:30 PM EAT / 0.72 m	9:13 PM EAT / 3.33 m		6:24 AM EAT	6:47 PM EAT
Mon 28		3:08 AM EAT / 1.12 m	9:29 AM EAT / 2.91 m	3:22 PM EAT / 1.03 m	10:18 PM EAT / 3.15 m	Last Quarter	6:24 AM EAT	6:47 PM EAT
Tue 29		4:27 AM EAT / 1.38 m	10:42 AM EAT / 2.63 m	4:33 PM EAT / 1.28 m	11:33 PM EAT / 3.06 m		6:24 AM EAT	6:47 PM EAT
Wed 30		6:19 AM EAT / 1.45 m	12:08 PM EAT / 2.51 m	6:12 PM EAT / 1.39 m			6:24 AM EAT	6:47 PM EAT
Thu 31	12:51 AM EAT / 3.08 m	7:46 AM EAT / 1.30 m	1:32 PM EAT / 2.56 m	7:35 PM EAT / 1.30 m			6:25 AM EAT	6:47 PM EAT

February 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1	1:59 AM EAT / 3.20 m	8:41 AM EAT / 1.09 m	2:37 PM EAT / 2.72 m	8:31 PM EAT / 1.13 m			6:25 AM EAT	6:47 PM EAT
Sat 2	2:51 AM EAT / 3.36 m	9:21 AM EAT / 0.88 m	3:23 PM EAT / 2.91 m	9:14 PM EAT / 0.95 m			6:25 AM EAT	6:47 PM EAT
Sun 3	3:32 AM EAT / 3.51 m	9:54 AM EAT / 0.69 m	3:59 PM EAT / 3.09 m	9:51 PM EAT / 0.79 m			6:26 AM EAT	6:47 PM EAT
Mon 4	4:06 AM EAT / 3.64 m	10:25 AM EAT / 0.53 m	4:30 PM EAT / 3.24 m	10:24 PM EAT / 0.66 m			6:26 AM EAT	6:47 PM EAT
Tue 5	4:36 AM EAT / 3.74 m	10:54 AM EAT / 0.42 m	4:59 PM EAT / 3.37 m	10:55 PM EAT / 0.57 m		New Moon	6:26 AM EAT	6:47 PM EAT
Wed 6	5:05 AM EAT / 3.79 m	11:22 AM EAT / 0.35 m	5:28 PM EAT / 3.45 m	11:25 PM EAT / 0.54 m			6:26 AM EAT	6:47 PM EAT
Thu 7	5:33 AM EAT / 3.79 m	11:49 AM EAT / 0.34 m	5:56 PM EAT / 3.49 m	11:55 PM EAT / 0.55 m			6:27 AM EAT	6:47 PM EAT
Fri 8	6:01 AM EAT / 3.73 m	12:16 PM EAT / 0.38 m	6:24 PM EAT / 3.48 m				6:27 AM EAT	6:47 PM EAT
Sat 9		12:24 AM EAT / 0.62 m	6:30 AM EAT / 3.61 m	12:43 PM EAT / 0.47 m	6:54 PM EAT / 3.44 m		6:27 AM EAT	6:47 PM EAT
Sun 10		12:55 AM EAT / 0.72 m	7:00 AM EAT / 3.44 m	1:11 PM EAT / 0.61 m	7:27 PM EAT / 3.36 m		6:27 AM EAT	6:47 PM EAT
Mon 11		1:28 AM EAT / 0.87 m	7:34 AM EAT / 3.22 m	1:41 PM EAT / 0.78 m	8:05 PM EAT / 3.25 m		6:27 AM EAT	6:47 PM EAT
Tue 12		2:07 AM EAT / 1.06 m	8:15 AM EAT / 2.96 m	2:17 PM EAT / 0.98 m	8:54 PM EAT / 3.12 m		6:27 AM EAT	6:46 PM EAT
Wed 13		2:56 AM EAT / 1.27 m	9:13 AM EAT / 2.70 m	3:03 PM EAT / 1.20 m	10:03 PM EAT / 3.02 m	First Quarter	6:28 AM EAT	6:46 PM EAT
Thu 14		4:13 AM EAT / 1.45 m	10:38 AM EAT / 2.50 m	4:14 PM EAT / 1.40 m	11:29 PM EAT / 3.02 m		6:28 AM EAT	6:46 PM EAT
Fri 15		6:21 AM EAT / 1.43 m	12:17 PM EAT / 2.50 m	6:13 PM EAT / 1.41 m			6:28 AM EAT	6:46 PM EAT
Sat 16	12:54 AM EAT / 3.20 m	7:53 AM EAT / 1.13 m	1:41 PM EAT / 2.72 m	7:45 PM EAT / 1.16 m			6:28 AM EAT	6:46 PM EAT
Sun 17	2:04 AM EAT / 3.50 m	8:47 AM EAT / 0.76 m	2:43 PM EAT / 3.04 m	8:45 PM EAT / 0.80 m			6:28 AM EAT	6:45 PM EAT
Mon 18	3:00 AM EAT / 3.82 m	9:31 AM EAT / 0.41 m	3:33 PM EAT / 3.39 m	9:33 PM EAT / 0.44 m			6:28 AM EAT	6:45 PM EAT

Tue 19	3:49 AM EAT / 4.09 m	10:11 AM EAT / 0.12 m	4:17 PM EAT / 3.71 m	10:18 PM EAT / 0.16 m		Full Moon	6:28 AM EAT	6:45 PM EAT
Wed 20	4:33 AM EAT / 4.26 m	10:49 AM EAT / -0.07 m	4:59 PM EAT / 3.94 m	11:00 PM EAT / -0.01 m			6:28 AM EAT	6:45 PM EAT
Thu 21	5:15 AM EAT / 4.30 m	11:26 AM EAT / -0.15 m	5:40 PM EAT / 4.07 m	11:41 PM EAT / -0.04 m			6:28 AM EAT	6:44 PM EAT
Fri 22	5:56 AM EAT / 4.20 m	12:03 PM EAT / -0.11 m	6:20 PM EAT / 4.07 m				6:28 AM EAT	6:44 PM EAT
Sat 23		12:21 AM EAT / 0.06 m	6:36 AM EAT / 3.97 m	12:39 PM EAT / 0.05 m	7:00 PM EAT / 3.96 m		6:28 AM EAT	6:44 PM EAT
Sun 24		1:02 AM EAT / 0.30 m	7:15 AM EAT / 3.66 m	1:16 PM EAT / 0.31 m	7:42 PM EAT / 3.74 m		6:28 AM EAT	6:43 PM EAT
Mon 25		1:44 AM EAT / 0.62 m	7:57 AM EAT / 3.28 m	1:53 PM EAT / 0.64 m	8:28 PM EAT / 3.45 m		6:28 AM EAT	6:43 PM EAT
Tue 26		2:30 AM EAT / 0.99 m	8:43 AM EAT / 2.90 m	2:34 PM EAT / 1.01 m	9:23 PM EAT / 3.14 m	Last Quarter	6:29 AM EAT	6:43 PM EAT
Wed 27		3:28 AM EAT / 1.36 m	9:46 AM EAT / 2.56 m	3:27 PM EAT / 1.36 m	10:38 PM EAT / 2.89 m		6:29 AM EAT	6:42 PM EAT
Thu 28		5:13 AM EAT / 1.61 m	11:21 AM EAT / 2.35 m	5:11 PM EAT / 1.61 m			6:28 AM EAT	6:42 PM EAT

March 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1	12:14 AM EAT / 2.81 m	7:28 AM EAT / 1.51 m	1:13 PM EAT / 2.40 m	7:21 PM EAT / 1.54 m			6:28 AM EAT	6:42 PM EAT
Sat 2	1:42 AM EAT / 2.93 m	8:29 AM EAT / 1.27 m	2:29 PM EAT / 2.62 m	8:25 PM EAT / 1.31 m			6:28 AM EAT	6:41 PM EAT
Sun 3	2:40 AM EAT / 3.13 m	9:07 AM EAT / 1.01 m	3:13 PM EAT / 2.88 m	9:06 PM EAT / 1.06 m			6:28 AM EAT	6:41 PM EAT
Mon 4	3:19 AM EAT / 3.34 m	9:38 AM EAT / 0.77 m	3:45 PM EAT / 3.13 m	9:40 PM EAT / 0.82 m			6:28 AM EAT	6:41 PM EAT
Tue 5	3:51 AM EAT / 3.53 m	10:06 AM EAT / 0.56 m	4:13 PM EAT / 3.34 m	10:11 PM EAT / 0.63 m			6:28 AM EAT	6:40 PM EAT
Wed 6	4:19 AM EAT / 3.67 m	10:33 AM EAT / 0.40 m	4:39 PM EAT / 3.52 m	10:40 PM EAT / 0.48 m		New Moon	6:28 AM EAT	6:40 PM EAT
Thu 7	4:46 AM EAT / 3.77 m	10:59 AM EAT / 0.30 m	5:04 PM EAT / 3.65 m	11:08 PM EAT / 0.39 m			6:28 AM EAT	6:39 PM EAT
Fri 8	5:12 AM EAT / 3.80 m	11:24 AM EAT / 0.26 m	5:30 PM EAT / 3.73 m	11:35 PM EAT / 0.36 m			6:28 AM EAT	6:39 PM EAT
Sat 9	5:39 AM EAT / 3.78 m	11:49 AM EAT / 0.28 m	5:56 PM EAT / 3.75 m				6:28 AM EAT	6:39 PM EAT
Sun 10		12:03 AM EAT / 0.39 m	6:06 AM EAT / 3.68 m	12:14 PM EAT / 0.36 m	6:24 PM EAT / 3.72 m		6:28 AM EAT	6:38 PM EAT
Mon 11		12:32 AM EAT / 0.47 m	6:35 AM EAT / 3.52 m	12:41 PM EAT / 0.49 m	6:53 PM EAT / 3.63 m		6:28 AM EAT	6:38 PM EAT
Tue 12		1:04 AM EAT / 0.62 m	7:06 AM EAT / 3.29 m	1:09 PM EAT / 0.67 m	7:28 PM EAT / 3.49 m		6:28 AM EAT	6:37 PM EAT
Wed 13		1:40 AM EAT / 0.83 m	7:44 AM EAT / 3.02 m	1:43 PM EAT / 0.89 m	8:12 PM EAT / 3.30 m		6:28 AM EAT	6:37 PM EAT
Thu 14		2:26 AM EAT / 1.09 m	8:35 AM EAT / 2.72 m	2:26 PM EAT / 1.15 m	9:17 PM EAT / 3.08 m	First Quarter	6:28 AM EAT	6:36 PM EAT
Fri 15		3:33 AM EAT / 1.36 m	10:03 AM EAT / 2.48 m	3:34 PM EAT / 1.42 m	10:54 PM EAT / 2.97 m		6:27 AM EAT	6:36 PM EAT

Sat 16		5:41 AM EAT / 1.46 m	11:58 AM EAT / 2.47 m	5:47 PM EAT / 1.51 m			6:27 AM EAT	6:36 PM EAT
Sun 17	12:34 AM EAT / 3.09 m	7:34 AM EAT / 1.19 m	1:28 PM EAT / 2.74 m	7:37 PM EAT / 1.21 m			6:27 AM EAT	6:35 PM EAT
Mon 18	1:51 AM EAT / 3.38 m	8:30 AM EAT / 0.81 m	2:30 PM EAT / 3.14 m	8:37 PM EAT / 0.79 m			6:27 AM EAT	6:35 PM EAT
Tue 19	2:48 AM EAT / 3.70 m	9:13 AM EAT / 0.44 m	3:18 PM EAT / 3.54 m	9:24 PM EAT / 0.39 m			6:27 AM EAT	6:34 PM EAT
Wed 20	3:36 AM EAT / 3.97 m	9:52 AM EAT / 0.14 m	4:00 PM EAT / 3.89 m	10:06 PM EAT / 0.08 m			6:27 AM EAT	6:34 PM EAT
Thu 21	4:18 AM EAT / 4.13 m	10:28 AM EAT / -0.05 m	4:40 PM EAT / 4.15 m	10:46 PM EAT / -0.10 m		Full Moon	6:27 AM EAT	6:33 PM EAT
Fri 22	4:58 AM EAT / 4.17 m	11:03 AM EAT / -0.13 m	5:18 PM EAT / 4.26 m	11:25 PM EAT / -0.13 m			6:27 AM EAT	6:33 PM EAT
Sat 23	5:35 AM EAT / 4.08 m	11:37 AM EAT / -0.09 m	5:54 PM EAT / 4.24 m				6:27 AM EAT	6:32 PM EAT
Sun 24		12:02 AM EAT / -0.02 m	6:12 AM EAT / 3.87 m	12:12 PM EAT / 0.07 m	6:31 PM EAT / 4.09 m		6:26 AM EAT	6:32 PM EAT
Mon 25		12:39 AM EAT / 0.21 m	6:48 AM EAT / 3.58 m	12:45 PM EAT / 0.33 m	7:08 PM EAT / 3.83 m		6:26 AM EAT	6:31 PM EAT
Tue 26		1:17 AM EAT / 0.54 m	7:25 AM EAT / 3.24 m	1:20 PM EAT / 0.66 m	7:47 PM EAT / 3.50 m		6:26 AM EAT	6:31 PM EAT
Wed 27		1:57 AM EAT / 0.91 m	8:05 AM EAT / 2.88 m	1:56 PM EAT / 1.03 m	8:33 PM EAT / 3.14 m		6:26 AM EAT	6:30 PM EAT
Thu 28		2:43 AM EAT / 1.29 m	9:00 AM EAT / 2.55 m	2:40 PM EAT / 1.40 m	9:40 PM EAT / 2.82 m	Last Quarter	6:26 AM EAT	6:30 PM EAT
Fri 29		4:00 AM EAT / 1.60 m	10:36 AM EAT / 2.33 m	4:02 PM EAT / 1.72 m	11:25 PM EAT / 2.65 m		6:26 AM EAT	6:29 PM EAT
Sat 30		6:48 AM EAT / 1.62 m	12:42 PM EAT / 2.37 m	7:00 PM EAT / 1.69 m			6:26 AM EAT	6:29 PM EAT
Sun 31	1:07 AM EAT / 2.74 m	8:01 AM EAT / 1.37 m	2:02 PM EAT / 2.62 m	8:08 PM EAT / 1.42 m			6:26 AM EAT	6:28 PM EAT

April 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 1	2:11 AM EAT / 2.95 m	8:39 AM EAT / 1.10 m	2:45 PM EAT / 2.91 m	8:48 PM EAT / 1.12 m			6:25 AM EAT	6:28 PM EAT
Tue 2	2:51 AM EAT / 3.18 m	9:10 AM EAT / 0.85 m	3:16 PM EAT / 3.19 m	9:20 PM EAT / 0.85 m			6:25 AM EAT	6:27 PM EAT
Wed 3	3:23 AM EAT / 3.38 m	9:37 AM EAT / 0.62 m	3:43 PM EAT / 3.44 m	9:50 PM EAT / 0.62 m			6:25 AM EAT	6:27 PM EAT
Thu 4	3:52 AM EAT / 3.55 m	10:03 AM EAT / 0.45 m	4:08 PM EAT / 3.65 m	10:18 PM EAT / 0.43 m			6:25 AM EAT	6:26 PM EAT
Fri 5	4:19 AM EAT / 3.67 m	10:29 AM EAT / 0.33 m	4:34 PM EAT / 3.81 m	10:45 PM EAT / 0.30 m		New Moon	6:25 AM EAT	6:26 PM EAT
Sat 6	4:46 AM EAT / 3.73 m	10:54 AM EAT / 0.28 m	5:00 PM EAT / 3.91 m	11:13 PM EAT / 0.24 m			6:25 AM EAT	6:26 PM EAT
Sun 7	5:14 AM EAT / 3.72 m	11:20 AM EAT / 0.28 m	5:27 PM EAT / 3.95 m	11:42 PM EAT / 0.24 m			6:25 AM EAT	6:25 PM EAT
Mon 8	5:43 AM EAT / 3.63 m	11:46 AM EAT / 0.35 m	5:56 PM EAT / 3.92 m				6:25 AM EAT	6:25 PM EAT
Tue 9		12:12 AM EAT / 0.32 m	6:14 AM EAT / 3.48 m	12:15 PM EAT / 0.47 m	6:27 PM EAT / 3.82 m		6:24 AM EAT	6:24 PM EAT

Wed 10		12:46 AM EAT / 0.48 m	6:47 AM EAT / 3.27 m	12:46 PM EAT / 0.65 m	7:04 PM EAT / 3.64 m		6:24 AM EAT	6:24 PM EAT
Thu 11		1:24 AM EAT / 0.71 m	7:28 AM EAT / 3.00 m	1:23 PM EAT / 0.89 m	7:50 PM EAT / 3.39 m		6:24 AM EAT	6:24 PM EAT
Fri 12		2:11 AM EAT / 0.99 m	8:24 AM EAT / 2.72 m	2:10 PM EAT / 1.17 m	8:57 PM EAT / 3.12 m	First Quarter	6:24 AM EAT	6:23 PM EAT
Sat 13		3:18 AM EAT / 1.27 m	9:57 AM EAT / 2.53 m	3:24 PM EAT / 1.45 m	10:37 PM EAT / 2.96 m		6:24 AM EAT	6:23 PM EAT
Sun 14		5:15 AM EAT / 1.38 m	11:47 AM EAT / 2.59 m	5:42 PM EAT / 1.50 m			6:24 AM EAT	6:22 PM EAT
Mon 15	12:17 AM EAT / 3.03 m	7:05 AM EAT / 1.15 m	1:11 PM EAT / 2.90 m	7:26 PM EAT / 1.18 m			6:24 AM EAT	6:22 PM EAT
Tue 16	1:32 AM EAT / 3.27 m	8:04 AM EAT / 0.82 m	2:10 PM EAT / 3.30 m	8:24 PM EAT / 0.76 m			6:24 AM EAT	6:22 PM EAT
Wed 17	2:30 AM EAT / 3.54 m	8:47 AM EAT / 0.50 m	2:56 PM EAT / 3.69 m	9:10 PM EAT / 0.39 m			6:24 AM EAT	6:21 PM EAT
Thu 18	3:16 AM EAT / 3.76 m	9:26 AM EAT / 0.24 m	3:38 PM EAT / 4.01 m	9:51 PM EAT / 0.11 m			6:24 AM EAT	6:21 PM EAT
Fri 19	3:58 AM EAT / 3.88 m	10:02 AM EAT / 0.07 m	4:16 PM EAT / 4.22 m	10:29 PM EAT / -0.05 m		Full Moon	6:23 AM EAT	6:20 PM EAT
Sat 20	4:36 AM EAT / 3.91 m	10:37 AM EAT / 0.01 m	4:53 PM EAT / 4.30 m	11:06 PM EAT / -0.07 m			6:23 AM EAT	6:20 PM EAT
Sun 21	5:13 AM EAT / 3.83 m	11:11 AM EAT / 0.06 m	5:28 PM EAT / 4.24 m	11:42 PM EAT / 0.04 m			6:23 AM EAT	6:20 PM EAT
Mon 22	5:48 AM EAT / 3.67 m	11:45 AM EAT / 0.21 m	6:02 PM EAT / 4.07 m				6:23 AM EAT	6:19 PM EAT
Tue 23		12:17 AM EAT / 0.25 m	6:23 AM EAT / 3.44 m	12:18 PM EAT / 0.45 m	6:37 PM EAT / 3.81 m		6:23 AM EAT	6:19 PM EAT
Wed 24		12:53 AM EAT / 0.53 m	6:58 AM EAT / 3.16 m	12:52 PM EAT / 0.75 m	7:13 PM EAT / 3.49 m		6:23 AM EAT	6:19 PM EAT
Thu 25		1:30 AM EAT / 0.85 m	7:38 AM EAT / 2.87 m	1:28 PM EAT / 1.08 m	7:55 PM EAT / 3.16 m		6:23 AM EAT	6:18 PM EAT
Fri 26		2:14 AM EAT / 1.18 m	8:32 AM EAT / 2.60 m	2:11 PM EAT / 1.41 m	8:54 PM EAT / 2.84 m		6:23 AM EAT	6:18 PM EAT
Sat 27		3:14 AM EAT / 1.47 m	9:58 AM EAT / 2.42 m	3:21 PM EAT / 1.70 m	10:27 PM EAT / 2.63 m	Last Quarter	6:23 AM EAT	6:18 PM EAT
Sun 28		5:17 AM EAT / 1.59 m	11:47 AM EAT / 2.44 m	6:04 PM EAT / 1.76 m			6:23 AM EAT	6:17 PM EAT
Mon 29	12:06 AM EAT / 2.63 m	7:03 AM EAT / 1.44 m	1:08 PM EAT / 2.65 m	7:31 PM EAT / 1.51 m			6:23 AM EAT	6:17 PM EAT
Tue 30	1:18 AM EAT / 2.79 m	7:53 AM EAT / 1.20 m	1:57 PM EAT / 2.93 m	8:16 PM EAT / 1.22 m			6:23 AM EAT	6:17 PM EAT

May 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Wed 1	2:06 AM EAT / 2.99 m	8:28 AM EAT / 0.96 m	2:32 PM EAT / 3.21 m	8:50 PM EAT / 0.94 m			6:23 AM EAT	6:17 PM EAT
Thu 2	2:43 AM EAT / 3.19 m	8:59 AM EAT / 0.75 m	3:03 PM EAT / 3.47 m	9:21 PM EAT / 0.68 m			6:23 AM EAT	6:16 PM EAT
Fri 3	3:16 AM EAT / 3.36 m	9:27 AM EAT / 0.58 m	3:32 PM EAT / 3.70 m	9:51 PM EAT / 0.47 m			6:23 AM EAT	6:16 PM EAT
Sat 4	3:48 AM EAT / 3.49 m	9:55 AM EAT / 0.45 m	4:00 PM EAT / 3.88 m	10:21 PM EAT / 0.31 m			6:23 AM EAT	6:16 PM EAT

Sun 5	4:18 AM EAT / 3.57 m	10:23 AM EAT / / 0.38 m	4:30 PM EAT / 4.00 m	10:51 PM EAT / 0.21 m		New Moon	6:23 AM EAT	6:16 PM EAT
Mon 6	4:50 AM EAT / 3.58 m	10:52 AM EAT / / 0.36 m	5:01 PM EAT / 4.06 m	11:23 PM EAT / 0.19 m			6:23 AM EAT	6:16 PM EAT
Tue 7	5:23 AM EAT / 3.52 m	11:22 AM EAT / / 0.40 m	5:34 PM EAT / 4.03 m	11:57 PM EAT / 0.26 m			6:23 AM EAT	6:15 PM EAT
Wed 8	5:59 AM EAT / 3.39 m	11:56 AM EAT / / 0.50 m	6:11 PM EAT / 3.91 m				6:23 AM EAT	6:15 PM EAT
Thu 9		12:34 AM EAT / / 0.41 m	6:38 AM EAT / 3.21 m	12:33 PM EAT / 0.67 m	6:53 PM EAT / 3.71 m		6:23 AM EAT	6:15 PM EAT
Fri 10		1:16 AM EAT / 0.62 m	7:27 AM EAT / 3.00 m	1:16 PM EAT / 0.91 m	7:44 PM EAT / 3.45 m		6:24 AM EAT	6:15 PM EAT
Sat 11		2:07 AM EAT / 0.88 m	8:32 AM EAT / 2.80 m	2:10 PM EAT / 1.17 m	8:55 PM EAT / 3.18 m		6:24 AM EAT	6:15 PM EAT
Sun 12		3:14 AM EAT / 1.11 m	9:59 AM EAT / 2.71 m	3:30 PM EAT / 1.40 m	10:25 PM EAT / 3.00 m	First Quarter	6:24 AM EAT	6:15 PM EAT
Mon 13		4:49 AM EAT / 1.21 m	11:29 AM EAT / / 2.83 m	5:31 PM EAT / 1.41 m	11:54 PM EAT / 3.01 m		6:24 AM EAT	6:14 PM EAT
Tue 14		6:25 AM EAT / 1.09 m	12:44 PM EAT / 3.10 m	7:06 PM EAT / 1.13 m			6:24 AM EAT	6:14 PM EAT
Wed 15	1:06 AM EAT / 3.14 m	7:29 AM EAT / 0.86 m	1:43 PM EAT / 3.44 m	8:06 PM EAT / 0.79 m			6:24 AM EAT	6:14 PM EAT
Thu 16	2:05 AM EAT / 3.32 m	8:17 AM EAT / 0.62 m	2:31 PM EAT / 3.75 m	8:53 PM EAT / 0.48 m			6:24 AM EAT	6:14 PM EAT
Fri 17	2:53 AM EAT / 3.46 m	8:58 AM EAT / 0.42 m	3:13 PM EAT / 3.99 m	9:33 PM EAT / 0.26 m			6:24 AM EAT	6:14 PM EAT
Sat 18	3:36 AM EAT / 3.56 m	9:36 AM EAT / 0.30 m	3:52 PM EAT / 4.14 m	10:11 PM EAT / 0.14 m			6:24 AM EAT	6:14 PM EAT
Sun 19	4:15 AM EAT / 3.58 m	10:12 AM EAT / / 0.25 m	4:29 PM EAT / 4.17 m	10:48 PM EAT / 0.12 m		Full Moon	6:24 AM EAT	6:14 PM EAT
Mon 20	4:52 AM EAT / 3.54 m	10:47 AM EAT / / 0.29 m	5:04 PM EAT / 4.11 m	11:23 PM EAT / 0.20 m			6:25 AM EAT	6:14 PM EAT
Tue 21	5:28 AM EAT / 3.44 m	11:22 AM EAT / / 0.41 m	5:39 PM EAT / 3.96 m	11:58 PM EAT / 0.35 m			6:25 AM EAT	6:14 PM EAT
Wed 22	6:03 AM EAT / 3.29 m	11:57 AM EAT / / 0.59 m	6:13 PM EAT / 3.74 m				6:25 AM EAT	6:14 PM EAT
Thu 23		12:34 AM EAT / / 0.55 m	6:40 AM EAT / 3.10 m	12:32 PM EAT / 0.82 m	6:49 PM EAT / 3.49 m		6:25 AM EAT	6:14 PM EAT
Fri 24		1:11 AM EAT / 0.79 m	7:21 AM EAT / 2.91 m	1:09 PM EAT / 1.08 m	7:30 PM EAT / 3.22 m		6:25 AM EAT	6:14 PM EAT
Sat 25		1:52 AM EAT / 1.03 m	8:13 AM EAT / 2.72 m	1:53 PM EAT / 1.35 m	8:21 PM EAT / 2.95 m		6:25 AM EAT	6:14 PM EAT
Sun 26		2:42 AM EAT / 1.25 m	9:22 AM EAT / 2.60 m	2:51 PM EAT / 1.59 m	9:31 PM EAT / 2.74 m	Last Quarter	6:26 AM EAT	6:14 PM EAT
Mon 27		3:52 AM EAT / 1.41 m	10:43 AM EAT / / 2.59 m	4:30 PM EAT / 1.71 m	10:53 PM EAT / 2.65 m		6:26 AM EAT	6:14 PM EAT
Tue 28		5:28 AM EAT / 1.42 m	11:57 AM EAT / / 2.72 m	6:25 PM EAT / 1.60 m			6:26 AM EAT	6:14 PM EAT
Wed 29	12:08 AM EAT / / 2.69 m	6:44 AM EAT / 1.30 m	12:54 PM EAT / 2.93 m	7:28 PM EAT / 1.36 m			6:26 AM EAT	6:14 PM EAT
Thu 30	1:07 AM EAT / 2.81 m	7:33 AM EAT / 1.12 m	1:39 PM EAT / 3.18 m	8:12 PM EAT / 1.08 m			6:26 AM EAT	6:14 PM EAT
Fri 31	1:55 AM EAT / 2.97 m	8:12 AM EAT / 0.94 m	2:18 PM EAT / 3.43 m	8:49 PM EAT / 0.82 m			6:27 AM EAT	6:14 PM EAT

June 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sat 1	2:37 AM EAT / 3.13 m	8:47 AM EAT / 0.77 m	2:53 PM EAT / 3.67 m	9:23 PM EAT / 0.58 m			6:27 AM EAT	6:14 PM EAT
Sun 2	3:15 AM EAT / 3.27 m	9:21 AM EAT / 0.62 m	3:28 PM EAT / 3.87 m	9:58 PM EAT / 0.38 m			6:27 AM EAT	6:14 PM EAT
Mon 3	3:52 AM EAT / 3.37 m	9:55 AM EAT / 0.51 m	4:04 PM EAT / 4.02 m	10:32 PM EAT / 0.25 m		New Moon	6:27 AM EAT	6:14 PM EAT
Tue 4	4:30 AM EAT / 3.43 m	10:29 AM EAT / 0.44 m	4:41 PM EAT / 4.10 m	11:08 PM EAT / 0.19 m			6:27 AM EAT	6:14 PM EAT
Wed 5	5:09 AM EAT / 3.42 m	11:06 AM EAT / 0.43 m	5:21 PM EAT / 4.09 m	11:47 PM EAT / 0.22 m			6:28 AM EAT	6:15 PM EAT
Thu 6	5:51 AM EAT / 3.37 m	11:45 AM EAT / 0.50 m	6:03 PM EAT / 3.99 m				6:28 AM EAT	6:15 PM EAT
Fri 7		12:28 AM EAT / 0.32 m	6:37 AM EAT / 3.27 m	12:28 PM EAT / 0.63 m	6:50 PM EAT / 3.80 m		6:28 AM EAT	6:15 PM EAT
Sat 8		1:12 AM EAT / 0.49 m	7:30 AM EAT / 3.14 m	1:16 PM EAT / 0.83 m	7:45 PM EAT / 3.54 m		6:28 AM EAT	6:15 PM EAT
Sun 9		2:02 AM EAT / 0.69 m	8:33 AM EAT / 3.04 m	2:14 PM EAT / 1.05 m	8:50 PM EAT / 3.28 m		6:29 AM EAT	6:15 PM EAT
Mon 10		3:01 AM EAT / 0.89 m	9:46 AM EAT / 3.00 m	3:28 PM EAT / 1.25 m	10:05 PM EAT / 3.07 m	First Quarter	6:29 AM EAT	6:15 PM EAT
Tue 11		4:14 AM EAT / 1.03 m	11:01 AM EAT / 3.08 m	5:06 PM EAT / 1.30 m	11:23 PM EAT / 2.97 m		6:29 AM EAT	6:15 PM EAT
Wed 12		5:37 AM EAT / 1.05 m	12:11 PM EAT / 3.24 m	6:38 PM EAT / 1.15 m			6:29 AM EAT	6:16 PM EAT
Thu 13	12:35 AM EAT / 2.97 m	6:49 AM EAT / 0.95 m	1:12 PM EAT / 3.46 m	7:45 PM EAT / 0.91 m			6:30 AM EAT	6:16 PM EAT
Fri 14	1:38 AM EAT / 3.05 m	7:46 AM EAT / 0.81 m	2:05 PM EAT / 3.67 m	8:35 PM EAT / 0.68 m			6:30 AM EAT	6:16 PM EAT
Sat 15	2:31 AM EAT / 3.15 m	8:32 AM EAT / 0.67 m	2:51 PM EAT / 3.83 m	9:18 PM EAT / 0.51 m			6:30 AM EAT	6:16 PM EAT
Sun 16	3:18 AM EAT / 3.23 m	9:14 AM EAT / 0.57 m	3:33 PM EAT / 3.93 m	9:57 PM EAT / 0.39 m			6:30 AM EAT	6:16 PM EAT
Mon 17	3:59 AM EAT / 3.28 m	9:53 AM EAT / 0.52 m	4:11 PM EAT / 3.96 m	10:33 PM EAT / 0.35 m		Full Moon	6:31 AM EAT	6:17 PM EAT
Tue 18	4:37 AM EAT / 3.30 m	10:30 AM EAT / 0.52 m	4:47 PM EAT / 3.92 m	11:09 PM EAT / 0.36 m			6:31 AM EAT	6:17 PM EAT
Wed 19	5:13 AM EAT / 3.28 m	11:06 AM EAT / 0.57 m	5:22 PM EAT / 3.83 m	11:43 PM EAT / 0.43 m			6:31 AM EAT	6:17 PM EAT
Thu 20	5:49 AM EAT / 3.22 m	11:41 AM EAT / 0.68 m	5:56 PM EAT / 3.70 m				6:31 AM EAT	6:17 PM EAT
Fri 21		12:18 AM EAT / 0.54 m	6:26 AM EAT / 3.13 m	12:17 PM EAT / 0.82 m	6:31 PM EAT / 3.53 m		6:32 AM EAT	6:17 PM EAT
Sat 22		12:53 AM EAT / 0.67 m	7:05 AM EAT / 3.03 m	12:54 PM EAT / 1.00 m	7:09 PM EAT / 3.33 m		6:32 AM EAT	6:18 PM EAT
Sun 23		1:30 AM EAT / 0.83 m	7:49 AM EAT / 2.93 m	1:34 PM EAT / 1.19 m	7:51 PM EAT / 3.12 m		6:32 AM EAT	6:18 PM EAT
Mon 24		2:09 AM EAT / 1.00 m	8:40 AM EAT / 2.84 m	2:20 PM EAT / 1.38 m	8:42 PM EAT / 2.92 m		6:32 AM EAT	6:18 PM EAT
Tue 25		2:55 AM EAT / 1.16 m	9:39 AM EAT / 2.79 m	3:20 PM EAT / 1.53 m	9:45 PM EAT / 2.75 m	Last Quarter	6:32 AM EAT	6:18 PM EAT
Wed 26		3:53 AM EAT / 1.28 m	10:44 AM EAT / 2.82 m	4:45 PM EAT / 1.59 m	10:55 PM EAT / 2.66 m		6:33 AM EAT	6:19 PM EAT
Thu 27		5:06 AM EAT / 1.34 m	11:46 AM EAT / 2.93 m	6:19 PM EAT / 1.48 m			6:33 AM EAT	6:19 PM EAT

Fri 28	12:03 AM EAT / 2.67 m	6:20 AM EAT / 1.29 m	12:42 PM EAT / 3.11 m	7:26 PM EAT / 1.26 m			6:33 AM EAT	6:19 PM EAT
Sat 29	1:05 AM EAT / 2.76 m	7:20 AM EAT / 1.15 m	1:33 PM EAT / 3.34 m	8:16 PM EAT / 0.99 m			6:33 AM EAT	6:19 PM EAT
Sun 30	1:59 AM EAT / 2.90 m	8:08 AM EAT / 0.98 m	2:19 PM EAT / 3.58 m	8:58 PM EAT / 0.73 m			6:33 AM EAT	6:19 PM EAT

July 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Mon 1	2:47 AM EAT / 3.07 m	8:51 AM EAT / 0.79 m	3:03 PM EAT / 3.81 m	9:38 PM EAT / 0.49 m			6:33 AM EAT	6:20 PM EAT
Tue 2	3:32 AM EAT / 3.22 m	9:33 AM EAT / 0.61 m	3:46 PM EAT / 4.00 m	10:17 PM EAT / 0.30 m		New Moon	6:34 AM EAT	6:20 PM EAT
Wed 3	4:16 AM EAT / 3.35 m	10:14 AM EAT / 0.47 m	4:29 PM EAT / 4.12 m	10:57 PM EAT / 0.17 m			6:34 AM EAT	6:20 PM EAT
Thu 4	5:00 AM EAT / 3.44 m	10:56 AM EAT / 0.38 m	5:13 PM EAT / 4.15 m	11:37 PM EAT / 0.13 m			6:34 AM EAT	6:20 PM EAT
Fri 5	5:45 AM EAT / 3.49 m	11:39 AM EAT / 0.38 m	5:58 PM EAT / 4.08 m				6:34 AM EAT	6:21 PM EAT
Sat 6		12:18 AM EAT / 0.18 m	6:32 AM EAT / 3.48 m	12:24 PM EAT / 0.46 m	6:46 PM EAT / 3.91 m		6:34 AM EAT	6:21 PM EAT
Sun 7		1:01 AM EAT / 0.30 m	7:22 AM EAT / 3.44 m	1:12 PM EAT / 0.62 m	7:36 PM EAT / 3.67 m		6:34 AM EAT	6:21 PM EAT
Mon 8		1:47 AM EAT / 0.48 m	8:17 AM EAT / 3.36 m	2:06 PM EAT / 0.84 m	8:33 PM EAT / 3.37 m		6:34 AM EAT	6:21 PM EAT
Tue 9		2:37 AM EAT / 0.69 m	9:19 AM EAT / 3.29 m	3:09 PM EAT / 1.07 m	9:36 PM EAT / 3.09 m	First Quarter	6:34 AM EAT	6:21 PM EAT
Wed 10		3:35 AM EAT / 0.91 m	10:25 AM EAT / 3.24 m	4:30 PM EAT / 1.23 m	10:48 PM EAT / 2.88 m		6:34 AM EAT	6:22 PM EAT
Thu 11		4:47 AM EAT / 1.07 m	11:35 AM EAT / 3.26 m	6:05 PM EAT / 1.24 m			6:34 AM EAT	6:22 PM EAT
Fri 12	12:02 AM EAT / 2.77 m	6:08 AM EAT / 1.12 m	12:43 PM EAT / 3.34 m	7:25 PM EAT / 1.10 m			6:35 AM EAT	6:22 PM EAT
Sat 13	1:13 AM EAT / 2.78 m	7:18 AM EAT / 1.06 m	1:43 PM EAT / 3.46 m	8:22 PM EAT / 0.92 m			6:35 AM EAT	6:22 PM EAT
Sun 14	2:15 AM EAT / 2.87 m	8:15 AM EAT / 0.94 m	2:36 PM EAT / 3.58 m	9:08 PM EAT / 0.75 m			6:35 AM EAT	6:22 PM EAT
Mon 15	3:06 AM EAT / 2.99 m	9:01 AM EAT / 0.82 m	3:21 PM EAT / 3.68 m	9:47 PM EAT / 0.61 m			6:35 AM EAT	6:23 PM EAT
Tue 16	3:49 AM EAT / 3.10 m	9:42 AM EAT / 0.72 m	4:00 PM EAT / 3.75 m	10:22 PM EAT / 0.51 m			6:35 AM EAT	6:23 PM EAT
Wed 17	4:27 AM EAT / 3.19 m	10:19 AM EAT / 0.65 m	4:35 PM EAT / 3.78 m	10:56 PM EAT / 0.45 m		Full Moon	6:35 AM EAT	6:23 PM EAT
Thu 18	5:02 AM EAT / 3.25 m	10:54 AM EAT / 0.63 m	5:09 PM EAT / 3.77 m	11:28 PM EAT / 0.43 m			6:35 AM EAT	6:23 PM EAT
Fri 19	5:34 AM EAT / 3.29 m	11:28 AM EAT / 0.65 m	5:40 PM EAT / 3.71 m	11:59 PM EAT / 0.46 m			6:35 AM EAT	6:23 PM EAT
Sat 20	6:07 AM EAT / 3.28 m	12:02 PM EAT / 0.71 m	6:12 PM EAT / 3.61 m				6:35 AM EAT	6:23 PM EAT
Sun 21		12:30 AM EAT / 0.53 m	6:41 AM EAT / 3.25 m	12:35 PM EAT / 0.82 m	6:44 PM EAT / 3.47 m		6:35 AM EAT	6:24 PM EAT
Mon 22		1:02 AM EAT / 0.64 m	7:16 AM EAT / 3.18 m	1:10 PM EAT / 0.96 m	7:19 PM EAT / 3.29 m		6:35 AM EAT	6:24 PM EAT
Tue 23		1:34 AM EAT / 0.78 m	7:55 AM EAT / 3.10 m	1:47 PM EAT / 1.12 m	7:58 PM EAT / 3.09 m		6:35 AM EAT	6:24 PM EAT

Wed 24		2:08 AM EAT / 0.94 m	8:39 AM EAT / 3.02 m	2:30 PM EAT / 1.28 m	8:45 PM EAT / 2.88 m		6:35 AM EAT	6:24 PM EAT
Thu 25		2:48 AM EAT / 1.12 m	9:33 AM EAT / 2.95 m	3:26 PM EAT / 1.43 m	9:46 PM EAT / 2.69 m	Last Quarter	6:35 AM EAT	6:24 PM EAT
Fri 26		3:38 AM EAT / 1.28 m	10:38 AM EAT / 2.94 m	4:48 PM EAT / 1.51 m	11:01 PM EAT / 2.57 m		6:34 AM EAT	6:24 PM EAT
Sat 27		4:51 AM EAT / 1.38 m	11:47 AM EAT / 3.03 m	6:32 PM EAT / 1.41 m			6:34 AM EAT	6:24 PM EAT
Sun 28	12:19 AM EAT / 2.59 m	6:22 AM EAT / 1.34 m	12:53 PM EAT / 3.21 m	7:46 PM EAT / 1.16 m			6:34 AM EAT	6:24 PM EAT
Mon 29	1:29 AM EAT / 2.72 m	7:35 AM EAT / 1.16 m	1:52 PM EAT / 3.46 m	8:39 PM EAT / 0.85 m			6:34 AM EAT	6:24 PM EAT
Tue 30	2:27 AM EAT / 2.94 m	8:31 AM EAT / 0.91 m	2:45 PM EAT / 3.73 m	9:23 PM EAT / 0.55 m			6:34 AM EAT	6:24 PM EAT
Wed 31	3:18 AM EAT / 3.19 m	9:19 AM EAT / 0.64 m	3:33 PM EAT / 3.98 m	10:04 PM EAT / 0.29 m			6:34 AM EAT	6:25 PM EAT

August 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 1	4:05 AM EAT / 3.42 m	10:04 AM EAT / 0.40 m	4:19 PM EAT / 4.16 m	10:43 PM EAT / 0.10 m		New Moon	6:34 AM EAT	6:25 PM EAT
Fri 2	4:49 AM EAT / 3.62 m	10:47 AM EAT / 0.23 m	5:03 PM EAT / 4.23 m	11:23 PM EAT / 0.00 m			6:34 AM EAT	6:25 PM EAT
Sat 3	5:33 AM EAT / 3.76 m	11:30 AM EAT / 0.16 m	5:47 PM EAT / 4.18 m				6:33 AM EAT	6:25 PM EAT
Sun 4		12:01 AM EAT / 0.00 m	6:16 AM EAT / 3.81 m	12:14 PM EAT / 0.21 m	6:32 PM EAT / 4.01 m		6:33 AM EAT	6:25 PM EAT
Mon 5		12:41 AM EAT / 0.11 m	7:02 AM EAT / 3.77 m	12:59 PM EAT / 0.37 m	7:18 PM EAT / 3.74 m		6:33 AM EAT	6:25 PM EAT
Tue 6		1:22 AM EAT / 0.31 m	7:50 AM EAT / 3.66 m	1:47 PM EAT / 0.62 m	8:06 PM EAT / 3.41 m		6:33 AM EAT	6:25 PM EAT
Wed 7		2:06 AM EAT / 0.57 m	8:43 AM EAT / 3.48 m	2:41 PM EAT / 0.93 m	9:02 PM EAT / 3.06 m	First Quarter	6:32 AM EAT	6:25 PM EAT
Thu 8		2:54 AM EAT / 0.87 m	9:45 AM EAT / 3.29 m	3:48 PM EAT / 1.22 m	10:09 PM EAT / 2.76 m		6:32 AM EAT	6:25 PM EAT
Fri 9		3:56 AM EAT / 1.16 m	10:56 AM EAT / 3.15 m	5:26 PM EAT / 1.38 m	11:30 PM EAT / 2.58 m		6:32 AM EAT	6:25 PM EAT
Sat 10		5:25 AM EAT / 1.34 m	12:15 PM EAT / 3.12 m	7:09 PM EAT / 1.31 m			6:32 AM EAT	6:25 PM EAT
Sun 11	12:56 AM EAT / 2.57 m	7:01 AM EAT / 1.31 m	1:28 PM EAT / 3.20 m	8:15 PM EAT / 1.12 m			6:31 AM EAT	6:25 PM EAT
Mon 12	2:09 AM EAT / 2.71 m	8:07 AM EAT / 1.16 m	2:28 PM EAT / 3.34 m	9:00 PM EAT / 0.92 m			6:31 AM EAT	6:25 PM EAT
Tue 13	3:02 AM EAT / 2.89 m	8:55 AM EAT / 0.98 m	3:13 PM EAT / 3.49 m	9:37 PM EAT / 0.73 m			6:31 AM EAT	6:25 PM EAT
Wed 14	3:42 AM EAT / 3.08 m	9:35 AM EAT / 0.81 m	3:51 PM EAT / 3.61 m	10:09 PM EAT / 0.57 m			6:31 AM EAT	6:25 PM EAT
Thu 15	4:15 AM EAT / 3.24 m	10:09 AM EAT / 0.67 m	4:22 PM EAT / 3.70 m	10:39 PM EAT / 0.45 m		Full Moon	6:30 AM EAT	6:25 PM EAT
Fri 16	4:46 AM EAT / 3.37 m	10:41 AM EAT / 0.57 m	4:52 PM EAT / 3.75 m	11:07 PM EAT / 0.37 m			6:30 AM EAT	6:24 PM EAT
Sat 17	5:14 AM EAT / 3.46 m	11:12 AM EAT / 0.53 m	5:20 PM EAT / 3.75 m	11:35 PM EAT / 0.35 m			6:30 AM EAT	6:24 PM EAT

Sun 18	5:42 AM EAT / 3.51 m	11:42 AM EAT / 0.54 m	5:48 PM EAT / 3.69 m				6:29 AM EAT	6:24 PM EAT
Mon 19		12:02 AM EAT / 0.39 m	6:10 AM EAT / 3.51 m	12:12 PM EAT / 0.60 m	6:16 PM EAT / 3.58 m		6:29 AM EAT	6:24 PM EAT
Tue 20		12:29 AM EAT / 0.48 m	6:39 AM EAT / 3.46 m	12:42 PM EAT / 0.71 m	6:46 PM EAT / 3.42 m		6:28 AM EAT	6:24 PM EAT
Wed 21		12:57 AM EAT / 0.62 m	7:10 AM EAT / 3.37 m	1:14 PM EAT / 0.86 m	7:18 PM EAT / 3.21 m		6:28 AM EAT	6:24 PM EAT
Thu 22		1:26 AM EAT / 0.79 m	7:46 AM EAT / 3.25 m	1:50 PM EAT / 1.04 m	7:56 PM EAT / 2.97 m		6:28 AM EAT	6:24 PM EAT
Fri 23		1:58 AM EAT / 0.99 m	8:31 AM EAT / 3.11 m	2:35 PM EAT / 1.25 m	8:48 PM EAT / 2.71 m	Last Quarter	6:27 AM EAT	6:24 PM EAT
Sat 24		2:40 AM EAT / 1.21 m	9:33 AM EAT / 2.98 m	3:40 PM EAT / 1.44 m	10:06 PM EAT / 2.50 m		6:27 AM EAT	6:24 PM EAT
Sun 25		3:41 AM EAT / 1.41 m	10:57 AM EAT / 2.95 m	5:35 PM EAT / 1.50 m	11:44 PM EAT / 2.46 m		6:26 AM EAT	6:24 PM EAT
Mon 26		5:30 AM EAT / 1.49 m	12:23 PM EAT / 3.08 m	7:24 PM EAT / 1.26 m			6:26 AM EAT	6:23 PM EAT
Tue 27	1:10 AM EAT / 2.64 m	7:16 AM EAT / 1.29 m	1:35 PM EAT / 3.35 m	8:23 PM EAT / 0.91 m			6:26 AM EAT	6:23 PM EAT
Wed 28	2:15 AM EAT / 2.94 m	8:20 AM EAT / 0.94 m	2:32 PM EAT / 3.66 m	9:07 PM EAT / 0.56 m			6:25 AM EAT	6:23 PM EAT
Thu 29	3:06 AM EAT / 3.29 m	9:09 AM EAT / 0.57 m	3:22 PM EAT / 3.95 m	9:47 PM EAT / 0.25 m			6:25 AM EAT	6:23 PM EAT
Fri 30	3:50 AM EAT / 3.63 m	9:54 AM EAT / 0.26 m	4:07 PM EAT / 4.16 m	10:24 PM EAT / 0.02 m		New Moon	6:24 AM EAT	6:23 PM EAT
Sat 31	4:32 AM EAT / 3.90 m	10:36 AM EAT / 0.03 m	4:49 PM EAT / 4.25 m	11:02 PM EAT / -0.11 m			6:24 AM EAT	6:23 PM EAT

September 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 1	5:13 AM EAT / 4.08 m	11:17 AM EAT / -0.06 m	5:30 PM EAT / 4.20 m	11:38 PM EAT / -0.11 m			6:23 AM EAT	6:23 PM EAT
Mon 2	5:54 AM EAT / 4.13 m	11:58 AM EAT / -0.01 m	6:11 PM EAT / 4.02 m				6:23 AM EAT	6:22 PM EAT
Tue 3		12:15 AM EAT / 0.01 m	6:35 AM EAT / 4.05 m	12:40 PM EAT / 0.18 m	6:52 PM EAT / 3.73 m		6:22 AM EAT	6:22 PM EAT
Wed 4		12:53 AM EAT / 0.23 m	7:17 AM EAT / 3.86 m	1:22 PM EAT / 0.48 m	7:35 PM EAT / 3.38 m		6:22 AM EAT	6:22 PM EAT
Thu 5		1:32 AM EAT / 0.55 m	8:04 AM EAT / 3.58 m	2:09 PM EAT / 0.84 m	8:24 PM EAT / 2.99 m		6:21 AM EAT	6:22 PM EAT
Fri 6		2:14 AM EAT / 0.91 m	9:00 AM EAT / 3.26 m	3:06 PM EAT / 1.22 m	9:28 PM EAT / 2.65 m	First Quarter	6:21 AM EAT	6:22 PM EAT
Sat 7		3:08 AM EAT / 1.27 m	10:14 AM EAT / 2.99 m	4:38 PM EAT / 1.50 m	11:00 PM EAT / 2.43 m		6:20 AM EAT	6:21 PM EAT
Sun 8		4:41 AM EAT / 1.55 m	11:47 AM EAT / 2.88 m	6:55 PM EAT / 1.47 m			6:20 AM EAT	6:21 PM EAT
Mon 9	12:46 AM EAT / 2.46 m	6:55 AM EAT / 1.52 m	1:16 PM EAT / 2.96 m	8:05 PM EAT / 1.24 m			6:19 AM EAT	6:21 PM EAT
Tue 10	2:04 AM EAT / 2.67 m	8:05 AM EAT / 1.29 m	2:18 PM EAT / 3.15 m	8:47 PM EAT / 1.00 m			6:19 AM EAT	6:21 PM EAT
Wed 11	2:52 AM EAT / 2.92 m	8:49 AM EAT / 1.04 m	3:01 PM EAT / 3.34 m	9:19 PM EAT / 0.77 m			6:18 AM EAT	6:21 PM EAT

Thu 12	3:26 AM EAT / 3.16 m	9:24 AM EAT / 0.81 m	3:34 PM EAT / 3.51 m	9:48 PM EAT / 0.58 m			6:18 AM EAT	6:21 PM EAT
Fri 13	3:55 AM EAT / 3.37 m	9:55 AM EAT / 0.62 m	4:02 PM EAT / 3.64 m	10:15 PM EAT / 0.42 m			6:17 AM EAT	6:20 PM EAT
Sat 14	4:21 AM EAT / 3.54 m	10:24 AM EAT / 0.48 m	4:29 PM EAT / 3.72 m	10:41 PM EAT / 0.32 m		Full Moon	6:17 AM EAT	6:20 PM EAT
Sun 15	4:46 AM EAT / 3.67 m	10:52 AM EAT / 0.39 m	4:55 PM EAT / 3.75 m	11:07 PM EAT / 0.29 m			6:16 AM EAT	6:20 PM EAT
Mon 16	5:12 AM EAT / 3.74 m	11:20 AM EAT / 0.37 m	5:21 PM EAT / 3.72 m	11:32 PM EAT / 0.32 m			6:16 AM EAT	6:20 PM EAT
Tue 17	5:37 AM EAT / 3.75 m	11:47 AM EAT / 0.40 m	5:48 PM EAT / 3.62 m	11:57 PM EAT / 0.40 m			6:15 AM EAT	6:20 PM EAT
Wed 18	6:04 AM EAT / 3.71 m	12:15 PM EAT / 0.50 m	6:16 PM EAT / 3.47 m				6:15 AM EAT	6:19 PM EAT
Thu 19		12:22 AM EAT / 0.54 m	6:32 AM EAT / 3.61 m	12:46 PM EAT / 0.65 m	6:46 PM EAT / 3.26 m		6:14 AM EAT	6:19 PM EAT
Fri 20		12:50 AM EAT / 0.72 m	7:04 AM EAT / 3.46 m	1:19 PM EAT / 0.85 m	7:20 PM EAT / 3.00 m		6:14 AM EAT	6:19 PM EAT
Sat 21		1:21 AM EAT / 0.94 m	7:44 AM EAT / 3.26 m	2:01 PM EAT / 1.10 m	8:07 PM EAT / 2.72 m		6:13 AM EAT	6:19 PM EAT
Sun 22		2:01 AM EAT / 1.19 m	8:43 AM EAT / 3.04 m	3:01 PM EAT / 1.35 m	9:29 PM EAT / 2.47 m	Last Quarter	6:13 AM EAT	6:19 PM EAT
Mon 23		3:01 AM EAT / 1.45 m	10:19 AM EAT / 2.90 m	4:52 PM EAT / 1.50 m	11:26 PM EAT / 2.43 m		6:12 AM EAT	6:19 PM EAT
Tue 24		5:01 AM EAT / 1.58 m	12:02 PM EAT / 2.99 m	7:02 PM EAT / 1.28 m			6:12 AM EAT	6:18 PM EAT
Wed 25	12:58 AM EAT / 2.68 m	7:07 AM EAT / 1.33 m	1:20 PM EAT / 3.26 m	8:03 PM EAT / 0.91 m			6:11 AM EAT	6:18 PM EAT
Thu 26	2:01 AM EAT / 3.07 m	8:11 AM EAT / 0.90 m	2:18 PM EAT / 3.59 m	8:46 PM EAT / 0.54 m			6:10 AM EAT	6:18 PM EAT
Fri 27	2:49 AM EAT / 3.49 m	8:58 AM EAT / 0.48 m	3:07 PM EAT / 3.88 m	9:25 PM EAT / 0.22 m			6:10 AM EAT	6:18 PM EAT
Sat 28	3:31 AM EAT / 3.87 m	9:41 AM EAT / 0.13 m	3:50 PM EAT / 4.07 m	10:01 PM EAT / -0.01 m		New Moon	6:09 AM EAT	6:18 PM EAT
Sun 29	4:11 AM EAT / 4.15 m	10:21 AM EAT / -0.10 m	4:30 PM EAT / 4.15 m	10:37 PM EAT / -0.13 m			6:09 AM EAT	6:18 PM EAT
Mon 30	4:49 AM EAT / 4.32 m	11:00 AM EAT / -0.18 m	5:09 PM EAT / 4.09 m	11:12 PM EAT / -0.12 m			6:08 AM EAT	6:17 PM EAT

October 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Tue 1	5:28 AM EAT / 4.33 m	11:39 AM EAT / -0.11 m	5:47 PM EAT / 3.92 m	11:48 PM EAT / 0.02 m			6:08 AM EAT	6:17 PM EAT
Wed 2	6:06 AM EAT / 4.20 m	12:18 PM EAT / 0.10 m	6:26 PM EAT / 3.64 m				6:07 AM EAT	6:17 PM EAT
Thu 3		12:23 AM EAT / 0.26 m	6:45 AM EAT / 3.95 m	12:57 PM EAT / 0.42 m	7:05 PM EAT / 3.30 m		6:07 AM EAT	6:17 PM EAT
Fri 4		1:00 AM EAT / 0.59 m	7:26 AM EAT / 3.60 m	1:39 PM EAT / 0.80 m	7:50 PM EAT / 2.93 m		6:06 AM EAT	6:17 PM EAT
Sat 5		1:39 AM EAT / 0.97 m	8:16 AM EAT / 3.22 m	2:28 PM EAT / 1.19 m	8:50 PM EAT / 2.59 m	First Quarter	6:06 AM EAT	6:16 PM EAT
Sun 6		2:27 AM EAT / 1.36 m	9:27 AM EAT / 2.88 m	3:46 PM EAT / 1.52 m	10:29 PM EAT / 2.38 m		6:05 AM EAT	6:17 PM EAT

Mon 7		3:53 AM EAT / 1.68 m	11:11 AM EAT / 2.71 m	6:22 PM EAT / 1.56 m			6:05 AM EAT	6:16 PM EAT
Tue 8	12:26 AM EAT / 2.44 m	6:42 AM EAT / 1.66 m	12:49 PM EAT / 2.78 m	7:39 PM EAT / 1.33 m			6:05 AM EAT	6:16 PM EAT
Wed 9	1:43 AM EAT / 2.69 m	7:51 AM EAT / 1.38 m	1:53 PM EAT / 2.97 m	8:20 PM EAT / 1.07 m			6:04 AM EAT	6:16 PM EAT
Thu 10	2:27 AM EAT / 2.98 m	8:32 AM EAT / 1.09 m	2:34 PM EAT / 3.18 m	8:51 PM EAT / 0.83 m			6:04 AM EAT	6:16 PM EAT
Fri 11	2:58 AM EAT / 3.24 m	9:05 AM EAT / 0.83 m	3:06 PM EAT / 3.37 m	9:19 PM EAT / 0.62 m			6:03 AM EAT	6:16 PM EAT
Sat 12	3:25 AM EAT / 3.48 m	9:34 AM EAT / 0.61 m	3:35 PM EAT / 3.52 m	9:45 PM EAT / 0.46 m			6:03 AM EAT	6:16 PM EAT
Sun 13	3:50 AM EAT / 3.68 m	10:02 AM EAT / 0.43 m	4:01 PM EAT / 3.62 m	10:11 PM EAT / 0.35 m			6:02 AM EAT	6:16 PM EAT
Mon 14	4:15 AM EAT / 3.82 m	10:29 AM EAT / 0.32 m	4:28 PM EAT / 3.67 m	10:36 PM EAT / 0.31 m		Full Moon	6:02 AM EAT	6:16 PM EAT
Tue 15	4:41 AM EAT / 3.91 m	10:56 AM EAT / 0.26 m	4:55 PM EAT / 3.66 m	11:01 PM EAT / 0.33 m			6:02 AM EAT	6:16 PM EAT
Wed 16	5:07 AM EAT / 3.93 m	11:24 AM EAT / 0.28 m	5:22 PM EAT / 3.58 m	11:27 PM EAT / 0.40 m			6:01 AM EAT	6:16 PM EAT
Thu 17	5:34 AM EAT / 3.89 m	11:53 AM EAT / 0.36 m	5:51 PM EAT / 3.44 m	11:54 PM EAT / 0.53 m			6:01 AM EAT	6:16 PM EAT
Fri 18	6:03 AM EAT / 3.78 m	12:24 PM EAT / 0.51 m	6:23 PM EAT / 3.23 m				6:01 AM EAT	6:16 PM EAT
Sat 19		12:23 AM EAT / 0.70 m	6:36 AM EAT / 3.61 m	1:00 PM EAT / 0.72 m	7:00 PM EAT / 2.99 m		6:00 AM EAT	6:16 PM EAT
Sun 20		12:57 AM EAT / 0.92 m	7:18 AM EAT / 3.38 m	1:44 PM EAT / 0.98 m	7:51 PM EAT / 2.72 m		6:00 AM EAT	6:16 PM EAT
Mon 21		1:41 AM EAT / 1.19 m	8:18 AM EAT / 3.11 m	2:43 PM EAT / 1.25 m	9:18 PM EAT / 2.51 m	Last Quarter	5:59 AM EAT	6:16 PM EAT
Tue 22		2:46 AM EAT / 1.46 m	9:56 AM EAT / 2.91 m	4:25 PM EAT / 1.40 m	11:13 PM EAT / 2.54 m		5:59 AM EAT	6:16 PM EAT
Wed 23		4:51 AM EAT / 1.58 m	11:41 AM EAT / 2.95 m	6:28 PM EAT / 1.24 m			5:59 AM EAT	6:16 PM EAT
Thu 24	12:39 AM EAT / 2.83 m	6:54 AM EAT / 1.30 m	1:00 PM EAT / 3.18 m	7:34 PM EAT / 0.91 m			5:59 AM EAT	6:16 PM EAT
Fri 25	1:40 AM EAT / 3.24 m	7:57 AM EAT / 0.86 m	1:59 PM EAT / 3.45 m	8:19 PM EAT / 0.57 m			5:58 AM EAT	6:16 PM EAT
Sat 26	2:27 AM EAT / 3.66 m	8:44 AM EAT / 0.45 m	2:47 PM EAT / 3.70 m	8:59 PM EAT / 0.29 m			5:58 AM EAT	6:16 PM EAT
Sun 27	3:09 AM EAT / 4.02 m	9:26 AM EAT / 0.13 m	3:30 PM EAT / 3.86 m	9:36 PM EAT / 0.08 m			5:58 AM EAT	6:16 PM EAT
Mon 28	3:49 AM EAT / 4.27 m	10:05 AM EAT / -0.07 m	4:10 PM EAT / 3.92 m	10:12 PM EAT / -0.02 m		New Moon	5:57 AM EAT	6:16 PM EAT
Tue 29	4:26 AM EAT / 4.39 m	10:43 AM EAT / -0.14 m	4:48 PM EAT / 3.87 m	10:48 PM EAT / 0.00 m			5:57 AM EAT	6:16 PM EAT
Wed 30	5:03 AM EAT / 4.36 m	11:20 AM EAT / -0.06 m	5:26 PM EAT / 3.72 m	11:23 PM EAT / 0.13 m			5:57 AM EAT	6:16 PM EAT
Thu 31	5:40 AM EAT / 4.20 m	11:57 AM EAT / 0.13 m	6:03 PM EAT / 3.50 m	11:58 PM EAT / 0.37 m			5:57 AM EAT	6:16 PM EAT

November 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Fri 1	6:17 AM EAT / 3.94 m	12:35 PM EAT / 0.42 m	6:41 PM EAT / 3.22 m				5:57 AM EAT	6:16 PM EAT
Sat 2		12:35 AM EAT / 0.67 m	6:56 AM EAT / 3.60 m	1:15 PM EAT / 0.76 m	7:24 PM EAT / 2.92 m		5:56 AM EAT	6:16 PM EAT
Sun 3		1:13 AM EAT / 1.02 m	7:40 AM EAT / 3.23 m	1:59 PM EAT / 1.10 m	8:20 PM EAT / 2.63 m		5:56 AM EAT	6:16 PM EAT
Mon 4		1:59 AM EAT / 1.37 m	8:41 AM EAT / 2.89 m	3:00 PM EAT / 1.40 m	9:50 PM EAT / 2.45 m	First Quarter	5:56 AM EAT	6:17 PM EAT
Tue 5		3:09 AM EAT / 1.68 m	10:14 AM EAT / 2.66 m	4:55 PM EAT / 1.55 m	11:36 PM EAT / 2.48 m		5:56 AM EAT	6:17 PM EAT
Wed 6		5:47 AM EAT / 1.75 m	11:53 AM EAT / 2.64 m	6:44 PM EAT / 1.41 m			5:56 AM EAT	6:17 PM EAT
Thu 7	12:55 AM EAT / 2.70 m	7:18 AM EAT / 1.51 m	1:05 PM EAT / 2.78 m	7:36 PM EAT / 1.19 m			5:56 AM EAT	6:17 PM EAT
Fri 8	1:44 AM EAT / 2.97 m	8:03 AM EAT / 1.22 m	1:53 PM EAT / 2.97 m	8:12 PM EAT / 0.96 m			5:56 AM EAT	6:17 PM EAT
Sat 9	2:19 AM EAT / 3.24 m	8:38 AM EAT / 0.94 m	2:30 PM EAT / 3.15 m	8:43 PM EAT / 0.76 m			5:56 AM EAT	6:18 PM EAT
Sun 10	2:49 AM EAT / 3.48 m	9:08 AM EAT / 0.70 m	3:02 PM EAT / 3.31 m	9:11 PM EAT / 0.60 m			5:56 AM EAT	6:18 PM EAT
Mon 11	3:17 AM EAT / 3.70 m	9:37 AM EAT / 0.50 m	3:32 PM EAT / 3.44 m	9:39 PM EAT / 0.48 m			5:55 AM EAT	6:18 PM EAT
Tue 12	3:44 AM EAT / 3.86 m	10:06 AM EAT / 0.35 m	4:02 PM EAT / 3.51 m	10:07 PM EAT / 0.42 m		Full Moon	5:55 AM EAT	6:18 PM EAT
Wed 13	4:13 AM EAT / 3.97 m	10:35 AM EAT / 0.26 m	4:32 PM EAT / 3.53 m	10:34 PM EAT / 0.40 m			5:55 AM EAT	6:19 PM EAT
Thu 14	4:42 AM EAT / 4.02 m	11:05 AM EAT / 0.24 m	5:03 PM EAT / 3.48 m	11:03 PM EAT / 0.44 m			5:55 AM EAT	6:19 PM EAT
Fri 15	5:12 AM EAT / 4.00 m	11:37 AM EAT / 0.29 m	5:36 PM EAT / 3.37 m	11:34 PM EAT / 0.53 m			5:55 AM EAT	6:19 PM EAT
Sat 16	5:46 AM EAT / 3.90 m	12:12 PM EAT / 0.41 m	6:13 PM EAT / 3.21 m				5:56 AM EAT	6:19 PM EAT
Sun 17		12:08 AM EAT / 0.68 m	6:24 AM EAT / 3.73 m	12:51 PM EAT / 0.60 m	6:56 PM EAT / 3.02 m		5:56 AM EAT	6:20 PM EAT
Mon 18		12:48 AM EAT / 0.89 m	7:10 AM EAT / 3.48 m	1:37 PM EAT / 0.83 m	7:53 PM EAT / 2.82 m		5:56 AM EAT	6:20 PM EAT
Tue 19		1:37 AM EAT / 1.14 m	8:12 AM EAT / 3.21 m	2:35 PM EAT / 1.06 m	9:15 PM EAT / 2.70 m		5:56 AM EAT	6:20 PM EAT
Wed 20		2:46 AM EAT / 1.38 m	9:39 AM EAT / 2.99 m	3:57 PM EAT / 1.22 m	10:49 PM EAT / 2.76 m	Last Quarter	5:56 AM EAT	6:21 PM EAT
Thu 21		4:35 AM EAT / 1.48 m	11:13 AM EAT / 2.94 m	5:39 PM EAT / 1.17 m			5:56 AM EAT	6:21 PM EAT
Fri 22	12:09 AM EAT / 3.01 m	6:29 AM EAT / 1.26 m	12:32 PM EAT / 3.05 m	6:55 PM EAT / 0.95 m			5:56 AM EAT	6:21 PM EAT
Sat 23	1:11 AM EAT / 3.36 m	7:37 AM EAT / 0.90 m	1:34 PM EAT / 3.23 m	7:48 PM EAT / 0.70 m			5:56 AM EAT	6:22 PM EAT
Sun 24	2:03 AM EAT / 3.71 m	8:28 AM EAT / 0.55 m	2:26 PM EAT / 3.41 m	8:32 PM EAT / 0.47 m			5:56 AM EAT	6:22 PM EAT
Mon 25	2:47 AM EAT / 4.00 m	9:11 AM EAT / 0.28 m	3:11 PM EAT / 3.54 m	9:12 PM EAT / 0.30 m			5:57 AM EAT	6:23 PM EAT
Tue 26	3:28 AM EAT / 4.19 m	9:50 AM EAT / 0.11 m	3:53 PM EAT / 3.61 m	9:51 PM EAT / 0.21 m		New Moon	5:57 AM EAT	6:23 PM EAT
Wed 27	4:07 AM EAT / 4.27 m	10:28 AM EAT / 0.05 m	4:32 PM EAT / 3.60 m	10:28 PM EAT / 0.21 m			5:57 AM EAT	6:23 PM EAT

Thu 28	4:45 AM EAT / 4.24 m	11:05 AM EAT / 0.09 m	5:09 PM EAT / 3.51 m	11:04 PM EAT / 0.31 m			5:57 AM EAT	6:24 PM EAT
Fri 29	5:21 AM EAT / 4.10 m	11:42 AM EAT / 0.23 m	5:46 PM EAT / 3.37 m	11:40 PM EAT / 0.48 m			5:58 AM EAT	6:24 PM EAT
Sat 30	5:58 AM EAT / 3.88 m	12:18 PM EAT / 0.43 m	6:25 PM EAT / 3.19 m				5:58 AM EAT	6:25 PM EAT

December 2019

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Sun 1		12:17 AM EAT / 0.71 m	6:35 AM EAT / 3.61 m	12:56 PM EAT / 0.67 m	7:06 PM EAT / 2.99 m		5:58 AM EAT	6:25 PM EAT
Mon 2		12:55 AM EAT / 0.99 m	7:15 AM EAT / 3.31 m	1:36 PM EAT / 0.93 m	7:56 PM EAT / 2.79 m		5:58 AM EAT	6:25 PM EAT
Tue 3		1:38 AM EAT / 1.27 m	8:04 AM EAT / 3.02 m	2:24 PM EAT / 1.17 m	9:02 PM EAT / 2.64 m		5:59 AM EAT	6:26 PM EAT
Wed 4		2:33 AM EAT / 1.54 m	9:09 AM EAT / 2.77 m	3:27 PM EAT / 1.36 m	10:22 PM EAT / 2.60 m	First Quarter	5:59 AM EAT	6:26 PM EAT
Thu 5		4:02 AM EAT / 1.71 m	10:31 AM EAT / 2.63 m	4:59 PM EAT / 1.44 m	11:40 PM EAT / 2.70 m		5:59 AM EAT	6:27 PM EAT
Fri 6		6:05 AM EAT / 1.65 m	11:50 AM EAT / 2.63 m	6:24 PM EAT / 1.35 m			6:00 AM EAT	6:28 PM EAT
Sat 7	12:41 AM EAT / 2.89 m	7:17 AM EAT / 1.42 m	12:54 PM EAT / 2.73 m	7:19 PM EAT / 1.19 m			6:00 AM EAT	6:28 PM EAT
Sun 8	1:28 AM EAT / 3.12 m	8:03 AM EAT / 1.16 m	1:44 PM EAT / 2.88 m	8:00 PM EAT / 1.01 m			6:00 AM EAT	6:29 PM EAT
Mon 9	2:07 AM EAT / 3.36 m	8:39 AM EAT / 0.90 m	2:26 PM EAT / 3.04 m	8:36 PM EAT / 0.84 m			6:01 AM EAT	6:29 PM EAT
Tue 10	2:42 AM EAT / 3.59 m	9:13 AM EAT / 0.66 m	3:03 PM EAT / 3.18 m	9:09 PM EAT / 0.70 m			6:01 AM EAT	6:30 PM EAT
Wed 11	3:16 AM EAT / 3.79 m	9:46 AM EAT / 0.47 m	3:39 PM EAT / 3.30 m	9:41 PM EAT / 0.58 m			6:02 AM EAT	6:30 PM EAT
Thu 12	3:50 AM EAT / 3.95 m	10:19 AM EAT / 0.32 m	4:14 PM EAT / 3.37 m	10:14 PM EAT / 0.50 m		Full Moon	6:02 AM EAT	6:31 PM EAT
Fri 13	4:25 AM EAT / 4.04 m	10:53 AM EAT / 0.24 m	4:51 PM EAT / 3.40 m	10:49 PM EAT / 0.47 m			6:02 AM EAT	6:31 PM EAT
Sat 14	5:01 AM EAT / 4.07 m	11:28 AM EAT / 0.23 m	5:29 PM EAT / 3.38 m	11:25 PM EAT / 0.49 m			6:03 AM EAT	6:32 PM EAT
Sun 15	5:40 AM EAT / 4.01 m	12:05 PM EAT / 0.29 m	6:11 PM EAT / 3.31 m				6:03 AM EAT	6:32 PM EAT
Mon 16		12:04 AM EAT / 0.58 m	6:22 AM EAT / 3.86 m	12:46 PM EAT / 0.42 m	6:58 PM EAT / 3.21 m		6:04 AM EAT	6:33 PM EAT
Tue 17		12:48 AM EAT / 0.74 m	7:10 AM EAT / 3.63 m	1:30 PM EAT / 0.60 m	7:53 PM EAT / 3.10 m		6:04 AM EAT	6:33 PM EAT
Wed 18		1:39 AM EAT / 0.95 m	8:07 AM EAT / 3.36 m	2:22 PM EAT / 0.80 m	9:00 PM EAT / 3.02 m		6:05 AM EAT	6:34 PM EAT
Thu 19		2:42 AM EAT / 1.17 m	9:17 AM EAT / 3.10 m	3:24 PM EAT / 0.99 m	10:15 PM EAT / 3.03 m	Last Quarter	6:05 AM EAT	6:34 PM EAT
Fri 20		4:07 AM EAT / 1.32 m	10:37 AM EAT / 2.93 m	4:43 PM EAT / 1.09 m	11:31 PM EAT / 3.16 m		6:06 AM EAT	6:35 PM EAT
Sat 21		5:52 AM EAT / 1.27 m	11:56 AM EAT / 2.89 m	6:07 PM EAT / 1.06 m			6:06 AM EAT	6:35 PM EAT
Sun 22	12:39 AM EAT / 3.36 m	7:14 AM EAT / 1.04 m	1:07 PM EAT / 2.96 m	7:16 PM EAT / 0.91 m			6:07 AM EAT	6:36 PM EAT
Mon 23	1:38 AM EAT / 3.60 m	8:12 AM EAT / 0.77 m	2:07 PM EAT / 3.08 m	8:09 PM EAT / 0.74 m			6:07 AM EAT	6:36 PM EAT

Tue 24	2:29 AM EAT / 3.81 m	8:59 AM EAT / 0.54 m	2:58 PM EAT / 3.20 m	8:55 PM EAT / 0.59 m			6:08 AM EAT	6:37 PM EAT
Wed 25	3:14 AM EAT / 3.96 m	9:40 AM EAT / 0.37 m	3:42 PM EAT / 3.30 m	9:36 PM EAT / 0.49 m			6:08 AM EAT	6:37 PM EAT
Thu 26	3:56 AM EAT / 4.04 m	10:19 AM EAT / 0.28 m	4:23 PM EAT / 3.36 m	10:15 PM EAT / 0.44 m		New Moon	6:09 AM EAT	6:38 PM EAT
Fri 27	4:34 AM EAT / 4.04 m	10:55 AM EAT / 0.26 m	5:00 PM EAT / 3.37 m	10:52 PM EAT / 0.46 m			6:09 AM EAT	6:38 PM EAT
Sat 28	5:10 AM EAT / 3.97 m	11:30 AM EAT / 0.30 m	5:37 PM EAT / 3.34 m	11:29 PM EAT / 0.54 m			6:10 AM EAT	6:39 PM EAT
Sun 29	5:45 AM EAT / 3.84 m	12:04 PM EAT / 0.40 m	6:13 PM EAT / 3.27 m				6:10 AM EAT	6:39 PM EAT
Mon 30		12:04 AM EAT / 0.67 m	6:19 AM EAT / 3.67 m	12:38 PM EAT / 0.53 m	6:50 PM EAT / 3.17 m		6:11 AM EAT	6:39 PM EAT
Tue 31		12:41 AM EAT / 0.85 m	6:54 AM EAT / 3.46 m	1:13 PM EAT / 0.70 m	7:30 PM EAT / 3.05 m		6:11 AM EAT	6:40 PM EAT