

| 日 | 曜日 | 旧暦 | 月 | 満潮 | | | | 干潮 | | | |
|----|----|------|---|-------|-----|-------|-----|-------|-----|-------|-----|
| | | | | 時刻 | 潮高 | 時刻 | 潮高 | 時刻 | 潮高 | 時刻 | 潮高 |
| 1 | 火 | 6/10 | | 02:55 | 194 | 16:30 | 177 | 09:54 | 100 | 22:15 | 130 |
| 2 | 水 | | | 04:15 | 191 | 18:01 | 183 | 11:16 | 95 | 23:51 | 127 |
| 3 | 木 | | | 05:27 | 196 | 19:07 | 194 | 12:22 | 83 | | |
| 4 | 金 | | | 06:23 | 204 | 19:56 | 204 | 00:55 | 117 | 13:13 | 70 |
| 5 | 土 | | | 07:09 | 214 | 20:35 | 213 | 01:41 | 105 | 13:55 | 56 |
| 6 | 日 | 6/15 | | 07:50 | 223 | 21:11 | 220 | 02:19 | 94 | 14:32 | 44 |
| 7 | 月 | | | 08:29 | 230 | 21:44 | 225 | 02:54 | 83 | 15:08 | 34 |
| 8 | 火 | | ○ | 09:06 | 235 | 22:16 | 229 | 03:29 | 75 | 15:42 | 28 |
| 9 | 水 | | | 09:44 | 238 | 22:46 | 231 | 04:03 | 68 | 16:17 | 25 |
| 10 | 木 | | | 10:21 | 238 | 23:13 | 231 | 04:38 | 63 | 16:52 | 28 |
| 11 | 金 | | | 10:58 | 235 | 23:37 | 230 | 05:14 | 60 | 17:27 | 36 |
| 12 | 土 | | | 11:38 | 229 | | | 05:52 | 61 | 18:03 | 50 |
| 13 | 日 | | | 00:03 | 227 | 12:22 | 220 | 06:33 | 64 | 18:42 | 68 |
| 14 | 月 | | | 00:34 | 221 | 13:14 | 209 | 07:20 | 69 | 19:28 | 88 |
| 15 | 火 | | ◐ | 01:17 | 213 | 14:23 | 197 | 08:18 | 75 | 20:27 | 109 |
| 16 | 水 | | | 02:20 | 205 | 15:59 | 190 | 09:33 | 78 | 21:56 | 122 |
| 17 | 木 | | | 03:52 | 201 | 17:48 | 195 | 11:00 | 72 | 23:40 | 120 |
| 18 | 金 | | | 05:25 | 207 | 19:11 | 209 | 12:18 | 57 | | |
| 19 | 土 | | | 06:38 | 219 | 20:11 | 222 | 00:57 | 106 | 13:21 | 40 |
| 20 | 日 | | | 07:39 | 231 | 20:59 | 233 | 01:53 | 88 | 14:14 | 24 |
| 21 | 月 | | | 08:33 | 240 | 21:40 | 240 | 02:39 | 72 | 15:00 | 15 |
| 22 | 火 | 7/1 | ● | 09:20 | 245 | 22:15 | 242 | 03:21 | 59 | 15:41 | 12 |
| 23 | 水 | | | 10:03 | 246 | 22:46 | 241 | 04:00 | 52 | 16:19 | 17 |
| 24 | 木 | | | 10:40 | 242 | 23:11 | 237 | 04:36 | 50 | 16:54 | 29 |
| 25 | 金 | | | 11:14 | 234 | 23:31 | 232 | 05:11 | 53 | 17:26 | 45 |
| 26 | 土 | | | 11:46 | 223 | 23:51 | 226 | 05:44 | 59 | 17:56 | 64 |
| 27 | 日 | | | 12:20 | 211 | | | 06:17 | 68 | 18:27 | 85 |
| 28 | 月 | | | 00:16 | 218 | 13:01 | 198 | 06:52 | 80 | 19:01 | 105 |
| 29 | 火 | | ◑ | 00:51 | 207 | 13:58 | 185 | 07:36 | 92 | 19:45 | 125 |
| 30 | 水 | | | 01:42 | 194 | 15:34 | 176 | 08:39 | 103 | 21:07 | 139 |
| 31 | 木 | | | 03:13 | 185 | 17:27 | 180 | 10:15 | 106 | 23:20 | 139 |