

























Fire Island Coast Guard Station, NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:05	1.8	4:03	2.0	9:33	0.4	10:25	0.6	5:25	8:27	
2	Mon	4:07	1.7	4:57	2.1	10:21	0.4	11:16	0.6	5:26	8:27	
3	Tue	5:02	1.7	5:42	2.2	11:06	0.4			5:26	8:27	
4	Wed	5:47	1.7	6:24	2.2	12:04	0.6	11:48 AM	0.4	5:27	8:27	
5	Thu	6:29	1.7	7:06	2.3	12:53	0.5	12:33	0.3	5:27	8:27	
6	Fri	7:12	1.7	7:48	2.3	1:43	0.5	1:21	0.3	5:28	8:26	
7	Sat	7:56	1.8	8:29	2.4	2:28	0.4	2:08	0.3	5:29	8:26	
8	Sun	8:39	1.8	9:07	2.4	3:07	0.4	2:50	0.2	5:29	8:26	
9	Mon	9:19	1.8	9:45	2.4	3:43	0.3	3:29	0.2	5:30	8:25	
10	Tue	10:00	1.9	10:24	2.4	4:19	0.3	4:08	0.2	5:31	8:25	
11	Wed	10:46	1.9	11:07	2.3	4:56	0.3	4:52	0.3	5:31	8:25	
12	Thu	11:36	2.0	11:53	2.2	5:37	0.3	5:44	0.4	5:32	8:24	
13	Fri			12:28	2.1	6:22	0.3	6:42	0.4	5:33	8:24	
14	Sat	12:40	2.1	1:18	2.2	7:08	0.2	7:42	0.4	5:34	8:23	
15	Sun	1:27	2.0	2:11	2.2	7:56	0.2	8:46	0.5	5:34	8:23	
16	Mon	2:19	1.9	3:15	2.3	8:50	0.2	9:55	0.5	5:35	8:22	
17	Tue	3:25	1.8	4:26	2.4	9:50	0.2	10:59	0.4	5:36	8:21	
18	Wed	4:38	1.8	5:28	2.5	10:50	0.1	11:57	0.4	5:37	8:21	
19	Thu	5:39	1.9	6:24	2.6	11:46	0.1			5:38	8:20	
20	Fri	6:37	1.9	7:20	2.6	12:56	0.3	12:45	0.0	5:38	8:19	
21	Sat	7:34	2.0	8:13	2.7	1:54	0.2	1:45	0.0	5:39	8:18	
22	Sun	8:29	2.0	9:02	2.6	2:46	0.2	2:41	0.0	5:40	8:18	
23	Mon	9:20	2.1	9:47	2.5	3:30	0.1	3:30	0.0	5:41	8:17	
24	Tue	10:09	2.1	10:32	2.4	4:13	0.1	4:17	0.1	5:42	8:16	
25	Wed	10:59	2.1	11:19	2.3	4:56	0.2	5:06	0.2	5:43	8:15	
26	Thu	11:51	2.1			5:40	0.2	6:00	0.4	5:44	8:14	
27	Fri	12:06	2.1	12:40	2.1	6:26	0.3	6:55	0.5	5:45	8:13	
28	Sat	12:49	2.0	1:25	2.1	7:11	0.4	7:49	0.6	5:46	8:12	
29	Sun	1:31	1.8	2:12	2.1	7:56	0.4	8:46	0.7	5:47	8:11	
30	Mon	2:15	1.7	3:08	2.0	8:45	0.5	9:47	0.7	5:47	8:10	
31	Tue	3:11	1.6	4:14	2.1	9:39	0.5	10:44	0.7	5:48	8:09	