

Fort Hamilton, The Narrows, NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:15	5.6	7:40	4.7	1:08	-0.5	1:50	-0.7	7:19	4:39	
2	Fri	8:00	5.5	8:27	4.6	1:57	-0.5	2:36	-0.7	7:19	4:40	
3	Sat	8:44	5.3	9:12	4.5	2:43	-0.4	3:18	-0.7	7:19	4:40	
4	Sun	9:27	5.0	9:58	4.4	3:26	-0.2	3:57	-0.5	7:20	4:41	
5	Mon	10:12	4.7	10:45	4.2	4:07	0.0	4:34	-0.3	7:20	4:42	
6	Tue	10:58	4.4	11:31	4.1	4:48	0.3	5:12	-0.1	7:19	4:43	
7	Wed	11:44	4.2			5:31	0.5	5:52	0.2	7:19	4:44	
8	Thu	12:17	4.1	12:30	3.9	6:22	0.8	6:38	0.3	7:19	4:45	
9	Fri	1:02	4.0	1:17	3.7	7:23	0.9	7:31	0.5	7:19	4:46	
10	Sat	1:47	4.0	2:06	3.6	8:27	0.9	8:27	0.5	7:19	4:47	
11	Sun	2:35	4.1	3:01	3.5	9:27	0.7	9:23	0.4	7:19	4:48	
12	Mon	3:28	4.2	4:00	3.6	10:21	0.5	10:15	0.3	7:18	4:49	
13	Tue	4:24	4.4	4:57	3.7	11:10	0.2	11:04	0.1	7:18	4:50	
14	Wed	5:15	4.7	5:48	4.0	11:58	-0.1	11:52	-0.2	7:18	4:51	
15	Thu	6:02	5.0	6:33	4.2			12:45	-0.4	7:17	4:52	
16	Fri	6:45	5.3	7:17	4.5	12:40	-0.4	1:31	-0.6	7:17	4:53	
17	Sat	7:28	5.5	8:01	4.7	1:29	-0.6	2:16	-0.9	7:17	4:55	
18	Sun	8:12	5.5	8:47	4.8	2:18	-0.7	3:00	-1.0	7:16	4:56	
19	Mon	8:59	5.5	9:36	4.9	3:06	-0.8	3:43	-1.1	7:16	4:57	
20	Tue	9:48	5.3	10:29	4.9	3:53	-0.8	4:26	-1.0	7:15	4:58	
21	Wed	10:43	5.0	11:25	5.0	4:43	-0.6	5:12	-0.8	7:15	4:59	
22	Thu	11:40	4.7			5:38	-0.4	6:05	-0.6	7:14	5:00	
23	Fri	12:22	4.9	12:39	4.4	6:42	-0.1	7:06	-0.4	7:13	5:02	
24	Sat	1:19	4.9	1:38	4.2	7:53	0.0	8:11	-0.2	7:13	5:03	
25	Sun	2:18	4.8	2:40	4.0	9:02	0.0	9:16	-0.2	7:12	5:04	
26	Mon	3:20	4.8	3:46	4.0	10:05	-0.1	10:16	-0.2	7:11	5:05	
27	Tue	4:23	4.9	4:51	4.1	11:02	-0.3	11:11	-0.3	7:10	5:06	
28	Wed	5:21	5.0	5:48	4.2	11:54	-0.4			7:09	5:08	
29	Thu	6:12	5.1	6:37	4.4	12:02	-0.4	12:42	-0.6	7:09	5:09	
30	Fri	6:57	5.2	7:22	4.5	12:51	-0.4	1:28	-0.7	7:08	5:10	
31	Sat	7:40	5.2	8:04	4.6	1:38	-0.4	2:11	-0.7	7:07	5:11	