

Fort Hamilton, The Narrows, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:55	4.9	8:15	4.8	1:59	-0.3	2:18	-0.5	6:29	5:47	
2	Tue	8:33	4.8	8:51	4.7	2:39	-0.3	2:54	-0.4	6:27	5:48	
3	Wed	9:10	4.6	9:26	4.6	3:16	-0.2	3:27	-0.3	6:26	5:49	
4	Thu	9:48	4.3	10:01	4.5	3:52	-0.1	3:58	-0.1	6:24	5:50	
5	Fri	10:26	4.1	10:36	4.4	4:27	0.1	4:29	0.1	6:23	5:52	
6	Sat	11:08	3.9	11:16	4.3	5:03	0.4	5:01	0.3	6:21	5:53	
7	Sun	11:54	3.7			5:44	0.6	5:39	0.5	6:19	5:54	
8	Mon	12:01	4.2	12:44	3.6	6:41	0.8	6:33	0.7	6:18	5:55	
9	Tue	12:52	4.2	1:38	3.6	7:53	0.8	7:47	0.7	6:16	5:56	
10	Wed	1:49	4.3	2:38	3.7	9:02	0.6	9:01	0.6	6:15	5:57	
11	Thu	2:53	4.4	3:43	3.9	10:01	0.3	10:05	0.3	6:13	5:58	
12	Fri	4:02	4.6	4:45	4.4	10:54	0.0	11:03	-0.1	6:11	5:59	
13	Sat	5:04	5.0	5:39	4.9	11:44	-0.4	11:57	-0.5	6:10	6:00	
14	Sun	5:58	5.3	6:29	5.3			12:33	-0.7	6:08	6:01	
15	Mon	6:48	5.6	7:17	5.7	12:51	-0.9	1:21	-1.0	6:06	6:02	
16	Tue	7:37	5.7	8:05	5.9	1:44	-1.1	2:09	-1.2	6:05	6:04	
17	Wed	8:26	5.6	8:55	6.0	2:36	-1.2	2:57	-1.2	6:03	6:05	
18	Thu	9:18	5.4	9:47	5.9	3:26	-1.2	3:43	-1.0	6:02	6:06	
19	Fri	10:12	5.1	10:42	5.6	4:16	-1.0	4:31	-0.8	6:00	6:07	
20	Sat	11:10	4.8	11:40	5.3	5:08	-0.6	5:22	-0.4	5:58	6:08	
21	Sun			12:10	4.5	6:06	-0.2	6:21	0.1	5:57	6:09	
22	Mon	12:38	5.1	1:09	4.3	7:10	0.1	7:29	0.4	5:55	6:10	
23	Tue	1:36	4.8	2:08	4.2	8:18	0.3	8:38	0.5	5:53	6:11	
24	Wed	2:35	4.6	3:09	4.2	9:20	0.3	9:41	0.5	5:52	6:12	
25	Thu	3:36	4.5	4:10	4.2	10:15	0.2	10:36	0.4	5:50	6:13	
26	Fri	4:35	4.5	5:05	4.5	11:03	0.1	11:24	0.2	5:48	6:14	
27	Sat	5:26	4.7	5:51	4.7	11:46	0.0			5:47	6:15	
28	Sun	6:10	4.8	6:32	4.9	12:09	0.1	12:27	-0.1	5:45	6:16	
29	Mon	6:51	4.8	7:09	5.0	12:52	0.0	1:06	-0.1	5:43	6:17	
30	Tue	7:29	4.8	7:44	5.1	1:34	-0.1	1:44	-0.1	5:42	6:18	
31	Wed	8:06	4.7	8:18	5.1	2:14	-0.1	2:20	-0.1	5:40	6:19	