

Fort Hamilton, The Narrows, NY - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:25	5.0	11:26	5.4	5:24	-0.1	5:30	0.4	5:29	8:30	
2	Fri			12:18	5.1	6:06	0.0	6:22	0.5	5:29	8:30	
3	Sat	12:21	5.3	1:12	5.3	6:54	0.1	7:23	0.6	5:30	8:30	
4	Sun	1:19	5.1	2:06	5.4	7:50	0.2	8:32	0.7	5:30	8:30	
5	Mon	2:16	4.9	3:02	5.6	8:52	0.2	9:42	0.6	5:31	8:30	
6	Tue	3:16	4.8	4:01	5.7	9:55	0.2	10:46	0.4	5:31	8:29	
7	Wed	4:22	4.7	5:03	5.8	10:55	0.1	11:46	0.2	5:32	8:29	
8	Thu	5:29	4.8	6:04	6.0	11:53	0.0			5:33	8:29	
9	Fri	6:31	4.9	6:59	6.1	12:41	0.0	12:48	0.0	5:33	8:28	
10	Sat	7:27	5.1	7:50	6.2	1:35	-0.2	1:42	0.0	5:34	8:28	
11	Sun	8:18	5.2	8:38	6.1	2:27	-0.3	2:34	0.0	5:35	8:27	
12	Mon	9:07	5.2	9:24	6.0	3:15	-0.4	3:24	0.1	5:36	8:27	
13	Tue	9:55	5.2	10:10	5.7	4:01	-0.3	4:11	0.2	5:36	8:26	
14	Wed	10:43	5.1	10:57	5.4	4:42	-0.2	4:55	0.4	5:37	8:26	
15	Thu	11:31	5.0	11:43	5.1	5:22	0.0	5:38	0.7	5:38	8:25	
16	Fri			12:19	4.9	6:00	0.2	6:22	0.9	5:39	8:25	
17	Sat	12:31	4.8	1:05	4.8	6:40	0.5	7:12	1.2	5:39	8:24	
18	Sun	1:18	4.5	1:50	4.8	7:23	0.7	8:09	1.3	5:40	8:23	
19	Mon	2:04	4.3	2:34	4.7	8:12	0.9	9:10	1.4	5:41	8:23	
20	Tue	2:52	4.2	3:19	4.8	9:06	1.0	10:09	1.3	5:42	8:22	
21	Wed	3:43	4.1	4:10	4.8	10:01	1.0	11:03	1.1	5:43	8:21	
22	Thu	4:40	4.1	5:04	4.9	10:54	0.9	11:53	0.9	5:44	8:20	
23	Fri	5:38	4.2	5:56	5.2	11:43	0.8			5:45	8:20	
24	Sat	6:31	4.4	6:43	5.4	12:40	0.6	12:32	0.6	5:45	8:19	
25	Sun	7:17	4.6	7:26	5.7	1:26	0.4	1:19	0.5	5:46	8:18	
26	Mon	8:00	4.8	8:08	5.8	2:11	0.1	2:08	0.3	5:47	8:17	
27	Tue	8:43	5.1	8:49	5.9	2:56	-0.1	2:56	0.1	5:48	8:16	
28	Wed	9:26	5.2	9:33	5.9	3:39	-0.2	3:44	0.0	5:49	8:15	
29	Thu	10:12	5.4	10:20	5.8	4:21	-0.3	4:31	0.0	5:50	8:14	
30	Fri	11:02	5.5	11:11	5.6	5:02	-0.3	5:18	0.1	5:51	8:13	
31	Sat	11:56	5.6			5:45	-0.2	6:10	0.2	5:52	8:12	