

Fort Hamilton, The Narrows, NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:07	5.3	12:51	5.6	6:32	-0.1	7:09	0.4	5:53	8:11	
2	Mon	1:05	5.1	1:48	5.6	7:28	0.1	8:16	0.6	5:54	8:10	
3	Tue	2:04	4.9	2:44	5.6	8:31	0.3	9:26	0.6	5:55	8:09	
4	Wed	3:04	4.7	3:44	5.6	9:38	0.4	10:32	0.5	5:56	8:08	
5	Thu	4:09	4.6	4:47	5.6	10:41	0.4	11:31	0.3	5:57	8:06	
6	Fri	5:16	4.7	5:48	5.7	11:40	0.3			5:58	8:05	
7	Sat	6:18	4.8	6:44	5.8	12:25	0.1	12:34	0.2	5:59	8:04	
8	Sun	7:11	5.0	7:33	5.9	1:16	0.0	1:26	0.2	6:00	8:03	
9	Mon	8:00	5.2	8:18	5.9	2:04	-0.1	2:16	0.2	6:01	8:02	
10	Tue	8:44	5.3	9:01	5.8	2:50	-0.2	3:03	0.2	6:02	8:00	
11	Wed	9:27	5.3	9:43	5.6	3:32	-0.1	3:47	0.3	6:03	7:59	
12	Thu	10:10	5.2	10:25	5.3	4:11	0.0	4:28	0.4	6:03	7:58	
13	Fri	10:52	5.1	11:07	5.0	4:47	0.1	5:08	0.6	6:04	7:56	
14	Sat	11:35	5.0	11:52	4.7	5:22	0.3	5:48	0.8	6:05	7:55	
15	Sun			12:19	4.9	5:56	0.6	6:30	1.1	6:06	7:54	
16	Mon	12:38	4.5	1:03	4.8	6:33	0.8	7:20	1.3	6:07	7:52	
17	Tue	1:25	4.3	1:48	4.7	7:17	1.0	8:21	1.4	6:08	7:51	
18	Wed	2:14	4.1	2:33	4.7	8:13	1.2	9:26	1.4	6:09	7:49	
19	Thu	3:04	4.1	3:22	4.8	9:16	1.2	10:25	1.2	6:10	7:48	
20	Fri	4:00	4.1	4:18	4.9	10:17	1.1	11:19	1.0	6:11	7:46	
21	Sat	5:01	4.2	5:17	5.1	11:13	0.9			6:12	7:45	
22	Sun	5:57	4.5	6:11	5.4	12:07	0.7	12:04	0.7	6:13	7:43	
23	Mon	6:47	4.9	6:59	5.7	12:54	0.4	12:55	0.4	6:14	7:42	
24	Tue	7:32	5.2	7:44	6.0	1:39	0.1	1:45	0.1	6:15	7:40	
25	Wed	8:16	5.6	8:28	6.1	2:25	-0.2	2:35	-0.1	6:16	7:39	
26	Thu	9:01	5.8	9:14	6.0	3:10	-0.4	3:26	-0.3	6:17	7:37	
27	Fri	9:48	6.0	10:03	5.9	3:54	-0.5	4:15	-0.3	6:18	7:36	
28	Sat	10:38	6.0	10:55	5.6	4:38	-0.5	5:04	-0.2	6:19	7:34	
29	Sun	11:33	6.0	11:53	5.4	5:23	-0.3	5:56	0.0	6:20	7:33	
30	Mon			12:31	5.9	6:12	-0.1	6:54	0.3	6:21	7:31	
31	Tue	12:53	5.1	1:30	5.7	7:08	0.3	8:00	0.5	6:22	7:30	