

Fort Hamilton, The Narrows, NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:16	4.8	3:36	4.8	9:49	0.9	10:09	0.5	6:26	4:52	
2	Tue	4:11	4.9	4:30	4.8	10:39	0.7	10:52	0.4	6:27	4:51	
3	Wed	5:00	5.1	5:19	4.8	11:25	0.5	11:32	0.3	6:29	4:50	
4	Thu	5:43	5.3	6:03	4.9			12:08	0.4	6:30	4:49	
5	Fri	6:22	5.4	6:43	4.9	12:12	0.3	12:50	0.3	6:31	4:48	
6	Sat	6:59	5.5	7:22	4.8	12:51	0.3	1:32	0.2	6:32	4:47	
7	Sun	7:33	5.5	8:00	4.7	1:30	0.3	2:13	0.2	6:33	4:46	
8	Mon	8:07	5.4	8:38	4.6	2:08	0.4	2:52	0.3	6:34	4:44	
9	Tue	8:39	5.3	9:16	4.4	2:45	0.5	3:30	0.3	6:36	4:43	
10	Wed	9:12	5.1	9:58	4.3	3:21	0.6	4:06	0.5	6:37	4:42	
11	Thu	9:48	5.0	10:44	4.1	3:56	0.7	4:44	0.6	6:38	4:42	
12	Fri	10:32	4.9	11:35	4.1	4:33	0.9	5:25	0.7	6:39	4:41	
13	Sat	11:27	4.8			5:17	1.0	6:16	0.7	6:40	4:40	
14	Sun	12:28	4.2	12:25	4.8	6:18	1.1	7:17	0.7	6:41	4:39	
15	Mon	1:21	4.4	1:24	4.8	7:34	1.0	8:20	0.5	6:43	4:38	
16	Tue	2:16	4.7	2:25	4.8	8:47	0.8	9:19	0.3	6:44	4:37	
17	Wed	3:15	5.1	3:30	4.9	9:51	0.4	10:13	-0.1	6:45	4:36	
18	Thu	4:15	5.5	4:35	5.1	10:49	0.0	11:05	-0.4	6:46	4:36	
19	Fri	5:12	6.0	5:34	5.3	11:45	-0.4	11:57	-0.6	6:47	4:35	
20	Sat	6:05	6.3	6:28	5.4			12:39	-0.7	6:48	4:34	
21	Sun	6:56	6.5	7:21	5.5	12:50	-0.7	1:34	-0.8	6:50	4:34	
22	Mon	7:47	6.5	8:14	5.4	1:43	-0.7	2:27	-0.9	6:51	4:33	
23	Tue	8:38	6.4	9:08	5.2	2:36	-0.7	3:18	-0.8	6:52	4:33	
24	Wed	9:32	6.1	10:05	5.0	3:27	-0.5	4:07	-0.7	6:53	4:32	
25	Thu	10:27	5.7	11:04	4.8	4:17	-0.2	4:57	-0.4	6:54	4:32	
26	Fri	11:25	5.3			5:10	0.2	5:50	-0.1	6:55	4:31	
27	Sat	12:03	4.7	12:20	5.0	6:08	0.6	6:46	0.2	6:56	4:31	
28	Sun	12:57	4.6	1:13	4.7	7:13	0.8	7:44	0.4	6:57	4:30	
29	Mon	1:49	4.6	2:05	4.5	8:18	0.9	8:39	0.4	6:58	4:30	
30	Tue	2:41	4.6	2:58	4.3	9:17	0.8	9:29	0.4	6:59	4:30	