

Fort Hamilton, The Narrows, NY - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:33	4.5	6:01	5.3	11:47	0.5			5:28	8:30	
2	Sun	6:26	4.5	6:47	5.4	12:37	0.5	12:31	0.5	5:29	8:30	
3	Mon	7:13	4.6	7:29	5.5	1:22	0.4	1:15	0.5	5:29	8:30	
4	Tue	7:57	4.7	8:08	5.5	2:06	0.3	1:59	0.5	5:30	8:30	
5	Wed	8:39	4.7	8:46	5.5	2:49	0.2	2:42	0.5	5:31	8:30	
6	Thu	9:20	4.7	9:22	5.4	3:30	0.2	3:24	0.6	5:31	8:29	
7	Fri	10:01	4.6	9:58	5.2	4:08	0.2	4:04	0.6	5:32	8:29	
8	Sat	10:42	4.6	10:33	5.1	4:44	0.3	4:42	0.7	5:32	8:29	
9	Sun	11:23	4.5	11:10	4.9	5:18	0.4	5:19	0.9	5:33	8:28	
10	Mon			12:05	4.5	5:51	0.5	5:57	1.0	5:34	8:28	
11	Tue			12:48	4.6	6:26	0.6	6:42	1.1	5:34	8:28	
12	Wed	12:38	4.7	1:32	4.8	7:07	0.6	7:41	1.1	5:35	8:27	
13	Thu	1:30	4.6	2:19	5.0	8:00	0.7	8:50	1.1	5:36	8:27	
14	Fri	2:24	4.5	3:11	5.2	9:02	0.6	9:59	0.9	5:37	8:26	
15	Sat	3:24	4.5	4:10	5.5	10:05	0.5	11:01	0.6	5:37	8:26	
16	Sun	4:32	4.6	5:13	5.8	11:06	0.3			5:38	8:25	
17	Mon	5:41	4.8	6:14	6.1	12:00	0.2	12:04	0.0	5:39	8:24	
18	Tue	6:43	5.1	7:11	6.4	12:55	-0.2	1:01	-0.2	5:40	8:24	
19	Wed	7:39	5.4	8:04	6.6	1:50	-0.5	1:58	-0.4	5:41	8:23	
20	Thu	8:34	5.6	8:56	6.6	2:44	-0.7	2:55	-0.5	5:42	8:22	
21	Fri	9:28	5.7	9:49	6.5	3:36	-0.9	3:50	-0.5	5:42	8:22	
22	Sat	10:23	5.7	10:43	6.2	4:26	-0.9	4:42	-0.3	5:43	8:21	
23	Sun	11:19	5.7	11:38	5.9	5:13	-0.8	5:34	-0.1	5:44	8:20	
24	Mon			12:15	5.6	6:01	-0.5	6:27	0.2	5:45	8:19	
25	Tue	12:33	5.5	1:09	5.4	6:50	-0.2	7:26	0.6	5:46	8:18	
26	Wed	1:27	5.2	2:01	5.3	7:43	0.2	8:28	0.8	5:47	8:17	
27	Thu	2:19	4.8	2:51	5.2	8:39	0.5	9:31	0.9	5:48	8:16	
28	Fri	3:11	4.6	3:42	5.1	9:35	0.7	10:30	0.9	5:49	8:16	
29	Sat	4:06	4.4	4:36	5.0	10:28	0.8	11:22	0.8	5:50	8:15	
30	Sun	5:03	4.3	5:30	5.1	11:17	0.8			5:50	8:14	
31	Mon	5:58	4.4	6:19	5.2	12:10	0.7	12:04	0.7	5:51	8:13	