US HARBORS www.USHarbors.com

Glen Cove, Hempstead Harbor, NY - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:45	7.1	5:13	6.1	11:24	0.7	11:25	0.8	7:19	4:37	
2	Fri	5:39	7.2	6:15	6.1			12:27	0.5	7:19	4:38	
3	Sat	6:37	7.4	7:20	6.2	12:23	0.8	1:32	0.2	7:19	4:39	
4	Sun	7:37	7.7	8:24	6.4	1:23	0.7	2:32	-0.1	7:19	4:39	
5	Mon	8:35	8.0	9:21	6.8	2:24	0.5	3:26	-0.5	7:19	4:40	
6	Tue	9:31	8.3	10:14	7.2	3:22	0.1	4:17	-0.9	7:19	4:41	
7	Wed	10:24	8.6	11:05	7.7	4:17	-0.3	5:06	-1.3	7:19	4:42	
8	Thu	11:16	8.8	11:55	8.0	5:12	-0.6	5:53	-1.5	7:18	4:43	
9	Fri			12:09	8.8	6:06	-0.9	6:41	-1.6	7:18	4:44	
10	Sat	12:46	8.3	1:01	8.6	7:00	-1.0	7:28	-1.5	7:18	4:45	
11	Sun	1:37	8.5	1:54	8.3	7:55	-1.0	8:18	-1.3	7:18	4:46	
12	Mon	2:29	8.4	2:51	7.8	8:54	-0.8	9:12	-0.9	7:18	4:47	
13	Tue	3:25	8.3	3:52	7.3	9:58	-0.6	10:11	-0.5	7:17	4:48	
14	Wed	4:25	8.0	4:59	6.9	11:04	-0.4	11:15	-0.1	7:17	4:50	
15	Thu	5:28	7.7	6:09	6.5			12:10	-0.2	7:17	4:51	
16	Fri	6:35	7.5	7:19	6.4	12:22	0.3	1:14	-0.1	7:16	4:52	
17	Sat	7:40	7.4	8:22	6.3	1:27	0.5	2:15	-0.1	7:16	4:53	
18	Sun	8:38	7.3	9:17	6.4	2:27	0.6	3:10	-0.2	7:15	4:54	
19	Mon	9:29	7.3	10:06	6.4	3:22	0.6	4:00	-0.2	7:15	4:55	
20	Tue	10:14	7.3	10:49	6.5	4:10	0.6	4:45	-0.2	7:14	4:56	
21	Wed	10:53	7.3	11:27	6.6	4:54	0.6	5:25	-0.2	7:13	4:58	
22	Thu	11:26	7.2	11:58	6.7	5:32	0.5	6:00	-0.2	7:13	4:59	
23	Fri	11:52	7.2			6:04	0.5	6:27	-0.1	7:12	5:00	
24	Sat	12:21	6.8	12:17	7.2	6:30	0.4	6:48	-0.1	7:11	5:01	
25	Sun	12:43	7.0	12:48	7.2	6:56	0.3	7:11	-0.1	7:11	5:02	
26	Mon	1:12	7.2	1:24	7.1	7:28	0.3	7:41	0.0	7:10	5:04	
27	Tue	1:48	7.3	2:04	6.9	8:06	0.2	8:17	0.1	7:09	5:05	
28	Wed	2:28	7.4	2:49	6.7	8:50	0.2	9:00	0.3	7:08	5:06	
29	Thu	3:13	7.4	3:39	6.5	9:40	0.3	9:48	0.5	7:07	5:07	
30	Fri	4:03	7.4	4:33	6.2	10:36	0.4	10:42	0.7	7:06	5:09	
31	Sat	4:59	7.3	5:34	6.1	11:41	0.4	11:43	0.8	7:05	5:10	