US HARBORS www.USHarbors.com

Glen Cove, Hempstead Harbor, NY - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:48	7.2	2:00	7.1	8:00	0.4	8:18	0.0	7:19	4:37	
2	Fri	2:30	7.3	2:48	6.9	8:48	0.4	9:06	0.2	7:19	4:38	
3	Sat	3:18	7.4	3:42	6.7	9:42	0.4	9:54	0.3	7:19	4:39	
4	Sun	4:06	7.5	4:36	6.5	10:42	0.3	10:48	0.4	7:19	4:40	
5	Mon	5:06	7.6	5:36	6.4	11:42	0.2	11:48	0.5	7:19	4:41	
6	Tue	6:06	7.7	6:48	6.4			12:54	0.0	7:19	4:42	
7	Wed	7:12	7.9	8:00	6.6	12:54	0.4	2:06	-0.3	7:18	4:43	
8	Thu	8:18	8.2	9:06	7.0	2:00	0.2	3:06	-0.7	7:18	4:44	
9	Fri	9:18	8.5	10:00	7.4	3:06	-0.1	4:00	-1.1	7:18	4:45	
10	Sat	10:12	8.7	10:54	7.8	4:06	-0.5	4:54	-1.4	7:18	4:46	
11	Sun	11:06	8.8	11:48	8.2	5:06	-0.8	5:42	-1.6	7:18	4:47	
12	Mon			12:00	8.8	6:00	-1.0	6:30	-1.6	7:17	4:48	
13	Tue	12:36	8.4	12:54	8.6	6:54	-1.1	7:18	-1.5	7:17	4:49	
14	Wed	1:24	8.4	1:42	8.2	7:42	-1.0	8:06	-1.2	7:17	4:50	
15	Thu	2:12	8.3	2:36	7.8	8:36	-0.8	8:54	-0.8	7:16	4:51	
16	Fri	3:06	8.1	3:30	7.2	9:36	-0.5	9:48	-0.3	7:16	4:52	
17	Sat	4:00	7.8	4:30	6.7	10:36	-0.2	10:48	0.1	7:15	4:53	
18	Sun	4:54	7.5	5:36	6.3	11:42	0.1	11:48	0.5	7:15	4:55	
19	Mon	6:00	7.2	6:42	6.1			12:42	0.2	7:14	4:56	
20	Tue	7:06	7.0	7:48	6.0	12:54	0.8	1:42	0.2	7:14	4:57	
21	Wed	8:06	7.0	8:48	6.1	1:54	0.9	2:42	0.2	7:13	4:58	
22	Thu	9:00	7.0	9:36	6.2	2:48	0.8	3:30	0.1	7:12	4:59	
23	Fri	9:42	7.1	10:18	6.4	3:42	0.8	4:12	0.0	7:12	5:01	
24	Sat	10:24	7.2	10:54	6.5	4:24	0.7	4:54	-0.1	7:11	5:02	
25	Sun	10:54	7.2	11:24	6.7	5:00	0.6	5:30	-0.2	7:10	5:03	
26	Mon	11:18	7.3	11:48	6.9	5:36	0.4	5:54	-0.2	7:09	5:04	
27	Tue	11:48	7.4			6:00	0.3	6:18	-0.3	7:08	5:05	
28	Wed	12:12	7.2	12:18	7.4	6:24	0.1	6:42	-0.3	7:08	5:07	
29	Thu	12:42	7.5	12:54	7.4	7:00	-0.1	7:12	-0.3	7:07	5:08	
30	Fri	1:18	7.7	1:36	7.3	7:36	-0.2	7:48	-0.3	7:06	5:09	
31	Sat	2:00	7.8	2:24	7.2	8:18	-0.2	8:30	-0.1	7:05	5:10	