US HARBORS www.USHarbors.com

Glen Cove, Hempstead Harbor, NY - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:33	8.3	1:58	7.4	7:56	-0.6	8:06	-0.2	6:27	5:45	
2	Mon	2:20	8.3	2:48	7.1	8:46	-0.4	8:57	0.0	6:26	5:46	
3	Tue	3:12	8.1	3:45	6.8	9:44	-0.1	9:56	0.3	6:24	5:48	
4	Wed	4:12	7.8	4:51	6.6	10:54	0.1	11:07	0.5	6:23	5:49	
5	Thu	5:21	7.6	6:12	6.6			12:17	0.1	6:21	5:50	
6	Fri	6:44	7.5	7:41	6.9	12:33	0.5	1:38	-0.1	6:20	5:51	
7	Sat	8:07	7.7	8:48	7.4	1:58	0.2	2:42	-0.4	6:18	5:52	
8	Sun	10:11	8.0	10:43	7.9	4:05	-0.3	4:37	-0.8	7:16	6:53	
9	Mon	11:05	8.2	11:31	8.4	5:01	-0.7	5:26	-1.0	7:15	6:54	
10	Tue	11:53	8.4			5:51	-1.1	6:11	-1.1	7:13	6:55	
11	Wed	12:15	8.6	12:38	8.3	6:37	-1.2	6:53	-1.0	7:12	6:57	
12	Thu	12:56	8.7	1:20	8.1	7:21	-1.2	7:32	-0.8	7:10	6:58	
13	Fri	1:34	8.6	1:59	7.9	8:01	-1.0	8:09	-0.5	7:08	6:59	
14	Sat	2:11	8.3	2:36	7.5	8:41	-0.7	8:45	-0.1	7:07	7:00	
15	Sun	2:47	8.0	3:13	7.1	9:21	-0.3	9:23	0.3	7:05	7:01	
16	Mon	3:26	7.6	3:56	6.7	10:07	0.2	10:07	0.8	7:03	7:02	
17	Tue	4:11	7.2	4:46	6.3	11:03	0.6	11:03	1.2	7:02	7:03	
18	Wed	5:04	6.8	5:53	6.0			12:12	0.9	7:00	7:04	
19	Thu	6:13	6.5	7:19	5.9	12:20	1.4	1:23	1.0	6:58	7:05	
20	Fri	7:38	6.4	8:30	6.1	1:40	1.5	2:26	1.0	6:57	7:06	
21	Sat	8:48	6.6	9:25	6.4	2:46	1.3	3:20	0.8	6:55	7:07	
22	Sun	9:41	6.8	10:09	6.7	3:40	1.0	4:07	0.6	6:53	7:08	
23	Mon	10:24	7.0	10:43	7.1	4:26	0.6	4:46	0.4	6:52	7:09	
24	Tue	10:59	7.2	11:11	7.5	5:04	0.3	5:18	0.3	6:50	7:11	
25	Wed	11:28	7.4	11:37	7.9	5:37	0.0	5:43	0.1	6:48	7:12	
26	Thu	11:58	7.6			6:06	-0.3	6:10	-0.1	6:47	7:13	
27	Fri	12:08	8.2	12:32	7.7	6:37	-0.6	6:41	-0.2	6:45	7:14	
28	Sat	12:44	8.5	1:11	7.8	7:13	-0.8	7:19	-0.3	6:43	7:15	
29	Sun	1:25	8.7	1:54	7.8	7:53	-0.8	8:00	-0.3	6:42	7:16	
30	Mon	2:10	8.7	2:41	7.7	8:38	-0.7	8:48	-0.1	6:40	7:17	
31	Tue	3:00	8.6	3:33	7.4	9:30	-0.5	9:42	0.1	6:38	7:18	