US HARBORS www.USHarbors.com

Glen Cove, Hempstead Harbor, NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**7:49**	7.0	**8:12**	8.0	**1:47**	0.1	**2:00**	0.6	5:26	8:30	
2	Thu	**8:53**	6.9	**9:11**	7.9	**2:47**	0.1	**3:00**	0.7	5:27	8:30	
3	Fri	**9:50**	6.9	**10:03**	7.9	**3:43**	0.1	**3:55**	0.8	5:27	8:29	
4	Sat	**10:41**	6.9	**10:50**	7.8	**4:34**	0.1	**4:45**	0.9	5:28	8:29	
5	Sun	**11:26**	6.9	**11:31**	7.8	**5:21**	0.1	**5:30**	0.9	5:29	8:29	
6	Mon			**12:07**	6.9	**6:04**	0.1	**6:11**	1.0	5:29	8:29	
7	Tue	**12:06**	7.7	**12:42**	7.0	**6:42**	0.2	**6:46**	1.0	5:30	8:28	
8	Wed	**12:35**	7.6	**1:10**	7.0	**7:15**	0.2	**7:15**	1.0	5:30	8:28	
9	Thu	**1:00**	7.6	**1:33**	7.2	**7:40**	0.3	**7:41**	0.9	5:31	8:28	
10	Fri	**1:30**	7.6	**2:00**	7.3	**8:02**	0.3	**8:12**	0.8	5:32	8:27	
11	Sat	**2:06**	7.5	**2:34**	7.5	**8:29**	0.4	**8:49**	0.8	5:33	8:27	
12	Sun	**2:46**	7.4	**3:13**	7.7	**9:04**	0.4	**9:31**	0.7	5:33	8:26	
13	Mon	**3:30**	7.3	**3:57**	7.8	**9:45**	0.6	**10:20**	0.7	5:34	8:26	
14	Tue	**4:18**	7.1	**4:45**	7.8	**10:31**	0.7	**11:14**	0.7	5:35	8:25	
15	Wed	**5:10**	6.9	**5:37**	7.9	**11:22**	0.9			5:36	8:25	
16	Thu	**6:07**	6.7	**6:33**	7.9	**12:13**	0.7	**12:18**	0.9	5:36	8:24	
17	Fri	**7:10**	6.7	**7:35**	8.1	**1:18**	0.6	**1:19**	0.9	5:37	8:23	
18	Sat	**8:19**	6.8	**8:40**	8.3	**2:28**	0.4	**2:25**	0.8	5:38	8:23	
19	Sun	**9:28**	7.1	**9:44**	8.6	**3:34**	0.0	**3:32**	0.5	5:39	8:22	
20	Mon	**10:29**	7.6	**10:43**	8.9	**4:32**	-0.4	**4:36**	0.1	5:40	8:21	
21	Tue	**11:24**	8.0	**11:38**	9.1	**5:25**	-0.7	**5:34**	-0.2	5:41	8:20	
22	Wed			**12:16**	8.5	**6:15**	-1.0	**6:30**	-0.6	5:42	8:20	
23	Thu	**12:32**	9.1	**1:07**	8.8	**7:03**	-1.2	**7:23**	-0.8	5:42	8:19	
24	Fri	**1:24**	9.0	**1:56**	9.0	**7:50**	-1.2	**8:16**	-0.8	5:43	8:18	
25	Sat	**2:15**	8.8	**2:46**	9.0	**8:37**	-1.0	**9:09**	-0.7	5:44	8:17	
26	Sun	**3:07**	8.4	**3:37**	8.8	**9:26**	-0.7	**10:06**	-0.4	5:45	8:16	
27	Mon	**4:02**	8.0	**4:31**	8.5	**10:19**	-0.2	**11:07**	-0.1	5:46	8:15	
28	Tue	**5:01**	7.5	**5:29**	8.2	**11:19**	0.3			5:47	8:14	
29	Wed	**6:07**	7.0	**6:33**	7.8	**12:12**	0.2	**12:23**	0.7	5:48	8:13	
30	Thu	**7:16**	6.7	**7:40**	7.6	**1:16**	0.4	**1:29**	1.0	5:49	8:12	
31	Fri	**8:24**	6.6	**8:43**	7.5	**2:19**	0.5	**2:32**	1.1	5:50	8:11	