

































## Glen Cove, Hempstead Harbor, NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:13	8.8	11:51	8.1	5:10	-0.6	5:49	-1.5	7:19	4:37	
2	Sat			12:04	8.8	6:02	-0.9	6:36	-1.6	7:19	4:38	
3	Sun	12:40	8.4	12:56	8.7	6:55	-1.0	7:23	-1.5	7:19	4:39	
4	Mon	1:31	8.6	1:50	8.4	7:50	-1.0	8:14	-1.3	7:19	4:40	
5	Tue	2:25	8.6	2:46	8.0	8:50	-0.9	9:09	-1.0	7:19	4:41	
6	Wed	3:22	8.4	3:49	7.5	9:55	-0.7	10:10	-0.6	7:19	4:41	
7	Thu	4:24	8.2	4:58	7.0	11:04	-0.5	11:17	-0.2	7:18	4:42	
8	Fri	5:30	7.9	6:12	6.7			12:13	-0.3	7:18	4:43	
9	Sat	6:39	7.7	7:22	6.6	12:26	0.1	1:18	-0.3	7:18	4:44	
10	Sun	7:44	7.6	8:25	6.6	1:32	0.3	2:18	-0.3	7:18	4:45	
11	Mon	8:42	7.6	9:21	6.6	2:32	0.3	3:13	-0.4	7:18	4:47	
12	Tue	9:34	7.6	10:10	6.7	3:26	0.3	4:03	-0.4	7:17	4:48	
13	Wed	10:19	7.5	10:53	6.7	4:15	0.3	4:49	-0.4	7:17	4:49	
14	Thu	10:59	7.4	11:31	6.8	4:59	0.4	5:29	-0.4	7:17	4:50	
15	Fri	11:32	7.4			5:38	0.4	6:04	-0.3	7:16	4:51	
16	Sat	12:03	6.8	11:58 AM	7.3	6:11	0.4	6:32	-0.2	7:16	4:52	
17	Sun	12:27	6.9	12:22	7.2	6:37	0.3	6:53	-0.1	7:15	4:53	
18	Mon	12:48	7.1	12:52	7.2	7:03	0.3	7:16	-0.1	7:15	4:54	
19	Tue	1:17	7.2	1:28	7.1	7:34	0.3	7:46	0.0	7:14	4:56	
20	Wed	1:53	7.3	2:09	6.9	8:12	0.3	8:24	0.2	7:14	4:57	
21	Thu	2:34	7.3	2:55	6.7	8:56	0.3	9:06	0.4	7:13	4:58	
22	Fri	3:20	7.3	3:44	6.4	9:47	0.4	9:55	0.6	7:12	4:59	
23	Sat	4:10	7.3	4:39	6.2	10:44	0.5	10:50	0.7	7:12	5:00	
24	Sun	5:05	7.3	5:40	6.1	11:48	0.5	11:50	0.8	7:11	5:01	
25	Mon	6:06	7.3	6:48	6.1			1:00	0.3	7:10	5:03	
26	Tue	7:12	7.5	8:01	6.5	12:57	0.7	2:10	-0.1	7:09	5:04	
27	Wed	8:18	7.8	9:04	6.9	2:07	0.4	3:09	-0.5	7:09	5:05	
28	Thu	9:18	8.2	9:59	7.5	3:12	-0.1	4:01	-1.0	7:08	5:06	
29	Fri	10:13	8.5	10:49	8.1	4:10	-0.6	4:48	-1.3	7:07	5:08	
30	Sat	11:05	8.7	11:37	8.5	5:03	-1.0	5:35	-1.6	7:06	5:09	
31	Sun	11:55	8.8			5:55	-1.4	6:20	-1.7	7:05	5:10	