

































## Glen Cove, Hempstead Harbor, NY - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:33	8.4	9:19	7.3	2:22	-0.2	3:18	-1.0	7:19	4:37	
2	Wed	9:33	8.6	10:15	7.6	3:26	-0.4	4:13	-1.3	7:19	4:38	
3	Thu	10:28	8.7	11:07	7.9	4:23	-0.6	5:04	-1.4	7:19	4:39	
4	Fri	11:18	8.7	11:55	8.0	5:17	-0.7	5:52	-1.5	7:19	4:40	
5	Sat			12:07	8.5	6:07	-0.8	6:37	-1.4	7:19	4:41	
6	Sun	12:42	8.0	12:52	8.2	6:55	-0.7	7:20	-1.1	7:19	4:42	
7	Mon	1:26	8.0	1:37	7.9	7:42	-0.5	8:03	-0.8	7:18	4:43	
8	Tue	2:09	7.8	2:21	7.4	8:30	-0.3	8:46	-0.4	7:18	4:44	
9	Wed	2:52	7.6	3:07	7.0	9:21	0.0	9:32	0.0	7:18	4:45	
10	Thu	3:38	7.3	3:59	6.6	10:18	0.3	10:24	0.4	7:18	4:46	
11	Fri	4:29	7.1	4:59	6.2	11:18	0.4	11:22	0.7	7:18	4:47	
12	Sat	5:26	6.9	6:08	6.0			12:20	0.5	7:17	4:48	
13	Sun	6:30	6.8	7:17	5.9	12:25	0.9	1:20	0.5	7:17	4:49	
14	Mon	7:32	6.8	8:17	6.0	1:26	1.0	2:16	0.4	7:17	4:50	
15	Tue	8:26	6.9	9:08	6.1	2:23	1.0	3:06	0.2	7:16	4:51	
16	Wed	9:11	7.1	9:50	6.3	3:12	0.8	3:51	0.0	7:16	4:52	
17	Thu	9:49	7.3	10:26	6.6	3:54	0.7	4:30	-0.2	7:15	4:53	
18	Fri	10:20	7.4	10:55	6.8	4:30	0.5	5:03	-0.3	7:15	4:54	
19	Sat	10:51	7.6	11:22	7.2	5:01	0.3	5:30	-0.5	7:14	4:56	
20	Sun	11:26	7.8	11:54	7.5	5:32	0.0	5:57	-0.6	7:14	4:57	
21	Mon			12:05	7.9	6:08	-0.3	6:29	-0.8	7:13	4:58	
22	Tue	12:32	7.9	12:47	8.0	6:48	-0.5	7:06	-0.9	7:12	4:59	
23	Wed	1:13	8.2	1:32	7.9	7:32	-0.6	7:48	-0.8	7:12	5:00	
24	Thu	1:59	8.3	2:21	7.7	8:21	-0.7	8:36	-0.7	7:11	5:02	
25	Fri	2:49	8.3	3:15	7.4	9:16	-0.5	9:29	-0.4	7:10	5:03	
26	Sat	3:44	8.2	4:15	7.0	10:19	-0.4	10:30	-0.1	7:09	5:04	
27	Sun	4:45	8.0	5:24	6.8	11:33	-0.3	11:41	0.1	7:09	5:05	
28	Mon	5:56	7.9	6:48	6.7			12:54	-0.3	7:08	5:06	
29	Tue	7:17	7.9	8:10	6.9	1:03	0.1	2:07	-0.5	7:07	5:08	
30	Wed	8:31	8.0	9:14	7.2	2:20	-0.1	3:09	-0.8	7:06	5:09	
31	Thu	9:31	8.2	10:08	7.6	3:24	-0.3	4:03	-1.1	7:05	5:10	