

































## Hell Gate, Wards Island, NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:58	7.7	11:36	6.3	5:46	-1.3	6:38	-1.7	7:19	4:38	
2	Sat	11:50	7.6			6:39	-1.4	7:25	-1.9	7:19	4:39	
3	Sun	12:31	6.4	12:44	7.4	7:30	-1.4	8:12	-1.8	7:20	4:40	
4	Mon	1:28	6.5	1:41	7.0	8:22	-1.1	9:01	-1.6	7:20	4:41	
5	Tue	2:26	6.5	2:40	6.5	9:17	-0.7	9:53	-1.1	7:19	4:42	
6	Wed	3:23	6.5	3:37	6.1	10:18	-0.2	10:49	-0.7	7:19	4:43	
7	Thu	4:18	6.4	4:32	5.6	11:25	0.2	11:49	-0.3	7:19	4:44	
8	Fri	5:12	6.2	5:30	5.2			12:32	0.4	7:19	4:45	
9	Sat	6:08	6.1	6:32	4.9	12:49	0.0	1:34	0.4	7:19	4:46	
10	Sun	7:08	6.0	7:36	4.8	1:45	0.2	2:31	0.3	7:19	4:47	
11	Mon	8:06	6.1	8:34	4.9	2:38	0.2	3:23	0.1	7:19	4:48	
12	Tue	8:57	6.2	9:24	5.0	3:27	0.2	4:12	-0.1	7:18	4:49	
13	Wed	9:41	6.4	10:07	5.2	4:14	0.1	4:57	-0.3	7:18	4:50	
14	Thu	10:22	6.4	10:48	5.3	4:59	0.1	5:40	-0.5	7:18	4:51	
15	Fri	11:01	6.4	11:28	5.4	5:43	0.0	6:20	-0.6	7:17	4:52	
16	Sat	11:39	6.3			6:24	0.0	6:57	-0.6	7:17	4:53	
17	Sun	12:07	5.4	12:15	6.1	7:02	0.1	7:31	-0.5	7:16	4:54	
18	Mon	12:45	5.3	12:50	5.9	7:38	0.2	8:03	-0.4	7:16	4:56	
19	Tue	1:21	5.3	1:24	5.6	8:11	0.4	8:32	-0.2	7:15	4:57	
20	Wed	1:56	5.2	1:59	5.3	8:44	0.7	9:00	0.1	7:15	4:58	
21	Thu	2:30	5.2	2:38	5.0	9:20	1.0	9:31	0.3	7:14	4:59	
22	Fri	3:07	5.3	3:23	4.8	10:10	1.2	10:12	0.5	7:13	5:00	
23	Sat	3:49	5.4	4:14	4.6	11:27	1.3	11:11	0.7	7:13	5:02	
24	Sun	4:39	5.6	5:13	4.5			12:45	1.1	7:12	5:03	
25	Mon	5:39	5.8	6:25	4.6	12:27	0.6	1:51	0.7	7:11	5:04	
26	Tue	6:51	6.1	7:41	4.9	1:39	0.3	2:50	0.1	7:10	5:05	
27	Wed	8:03	6.5	8:44	5.3	2:42	-0.2	3:44	-0.5	7:10	5:06	
28	Thu	9:03	7.0	9:38	5.9	3:40	-0.7	4:37	-1.2	7:09	5:08	
29	Fri	9:56	7.4	10:29	6.4	4:37	-1.3	5:27	-1.7	7:08	5:09	
30	Sat	10:46	7.6	11:20	6.7	5:32	-1.7	6:16	-2.1	7:07	5:10	
31	Sun	11:37	7.5			6:25	-1.9	7:03	-2.3	7:06	5:11	