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# Hell Gate, Wards Island, NY - Mar 2010

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 11:19 | 7.4 | 11:49 | 7.4 | 6:10 | -1.9 | 6:38 | -2.1 | 6:29 | 5:46 | |
| 2 | Tue | | | 12:09 | 7.1 | 7:00 | -1.9 | 7:23 | -1.9 | 6:27 | 5:47 | |
| 3 | Wed | 12:38 | 7.4 | 1:00 | 6.7 | 7:48 | -1.6 | 8:08 | -1.5 | 6:26 | 5:48 | |
| 4 | Thu | 1:30 | 7.1 | 1:54 | 6.2 | 8:37 | -1.1 | 8:53 | -0.8 | 6:24 | 5:50 | |
| 5 | Fri | 2:23 | 6.7 | 2:50 | 5.7 | 9:28 | -0.4 | 9:42 | 0.0 | 6:23 | 5:51 | |
| 6 | Sat | 3:16 | 6.3 | 3:46 | 5.3 | 10:26 | 0.2 | 10:39 | 0.7 | 6:21 | 5:52 | |
| 7 | Sun | 4:10 | 5.9 | 4:41 | 4.9 | 11:31 | 0.7 | 11:44 | 1.2 | 6:19 | 5:53 | |
| 8 | Mon | 5:05 | 5.6 | 5:39 | 4.7 | | | 12:37 | 1.0 | 6:18 | 5:54 | |
| 9 | Tue | 6:04 | 5.4 | 6:42 | 4.6 | 12:49 | 1.4 | 1:37 | 1.0 | 6:16 | 5:55 | |
| 10 | Wed | 7:08 | 5.4 | 7:44 | 4.8 | 1:49 | 1.3 | 2:29 | 0.8 | 6:15 | 5:56 | |
| 11 | Thu | 8:06 | 5.5 | 8:36 | 5.2 | 2:41 | 1.1 | 3:15 | 0.6 | 6:13 | 5:57 | |
| 12 | Fri | 8:54 | 5.8 | 9:19 | 5.5 | 3:28 | 0.8 | 3:57 | 0.3 | 6:11 | 5:58 | |
| 13 | Sat | 9:36 | 6.0 | 9:57 | 5.9 | 4:13 | 0.4 | 4:37 | 0.0 | 6:10 | 6:00 | |
| 14 | Sun | 11:13 | 6.1 | 11:32 | 6.1 | 5:56 | 0.2 | 6:15 | -0.2 | 7:08 | 7:01 | |
| 15 | Mon | 11:48 | 6.1 | | | 6:37 | -0.1 | 6:51 | -0.3 | 7:06 | 7:02 | |
| 16 | Tue | 12:03 | 6.3 | 12:21 | 6.1 | 7:16 | -0.2 | 7:26 | -0.3 | 7:05 | 7:03 | |
| 17 | Wed | 12:31 | 6.4 | 12:52 | 5.9 | 7:54 | -0.2 | 7:58 | -0.2 | 7:03 | 7:04 | |
| 18 | Thu | 12:57 | 6.4 | 1:24 | 5.7 | 8:29 | -0.1 | 8:28 | -0.1 | 7:01 | 7:05 | |
| 19 | Fri | 1:25 | 6.4 | 1:59 | 5.5 | 9:04 | 0.0 | 8:58 | 0.1 | 7:00 | 7:06 | |
| 20 | Sat | 2:01 | 6.4 | 2:42 | 5.3 | 9:42 | 0.3 | 9:31 | 0.4 | 6:58 | 7:07 | |
| 21 | Sun | 2:46 | 6.3 | 3:36 | 5.1 | 10:27 | 0.6 | 10:13 | 0.6 | 6:57 | 7:08 | |
| 22 | Mon | 3:42 | 6.2 | 4:37 | 5.0 | 11:32 | 0.9 | 11:13 | 0.9 | 6:55 | 7:09 | |
| 23 | Tue | 4:46 | 6.2 | 5:41 | 5.1 | | | 12:51 | 0.9 | 6:53 | 7:10 | |
| 24 | Wed | 5:54 | 6.1 | 6:50 | 5.3 | 12:43 | 1.0 | 2:01 | 0.6 | 6:52 | 7:11 | |
| 25 | Thu | 7:08 | 6.2 | 8:02 | 5.7 | 2:05 | 0.7 | 3:02 | 0.2 | 6:50 | 7:12 | |
| 26 | Fri | 8:24 | 6.4 | 9:07 | 6.3 | 3:13 | 0.2 | 3:56 | -0.4 | 6:48 | 7:13 | |
| 27 | Sat | 9:28 | 6.7 | 10:02 | 7.0 | 4:12 | -0.4 | 4:47 | -0.9 | 6:47 | 7:15 | |
| 28 | Sun | 10:22 | 7.0 | 10:51 | 7.5 | 5:08 | -1.0 | 5:37 | -1.3 | 6:45 | 7:16 | |
| 29 | Mon | 11:12 | 7.1 | 11:38 | 7.8 | 6:01 | -1.4 | 6:25 | -1.5 | 6:43 | 7:17 | |
| 30 | Tue | | | 12:00 | 7.1 | 6:53 | -1.6 | 7:12 | -1.5 | 6:42 | 7:18 | |
| 31 | Wed | 12:24 | 7.8 | 12:48 | 6.9 | 7:42 | -1.5 | 7:57 | -1.2 | 6:40 | 7:19 | |