
































## Jones Inlet, NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:20	4.6	7:55	3.7	1:07	-0.6	2:00	-0.8	7:17	4:38	
2	Sat	8:11	4.5	8:49	3.8	2:01	-0.7	2:48	-0.9	7:17	4:38	
3	Sun	9:03	4.4	9:44	3.8	2:53	-0.7	3:35	-0.9	7:18	4:39	
4	Mon	9:58	4.1	10:41	3.8	3:44	-0.5	4:22	-0.7	7:18	4:40	
5	Tue	10:54	3.9	11:37	3.8	4:38	-0.3	5:12	-0.6	7:18	4:41	
6	Wed	11:51	3.6			5:37	-0.1	6:07	-0.3	7:17	4:42	
7	Thu	12:32	3.7	12:46	3.3	6:42	0.1	7:06	-0.1	7:17	4:43	
8	Fri	1:26	3.7	1:41	3.1	7:50	0.2	8:05	0.0	7:17	4:44	
9	Sat	2:21	3.6	2:40	2.9	8:54	0.2	9:03	0.1	7:17	4:45	
10	Sun	3:19	3.5	3:43	2.8	9:51	0.2	9:55	0.1	7:17	4:46	
11	Mon	4:16	3.6	4:42	2.8	10:43	0.1	10:44	0.1	7:17	4:47	
12	Tue	5:08	3.6	5:34	2.9	11:30	0.0	11:31	0.1	7:16	4:48	
13	Wed	5:54	3.7	6:19	3.0			12:15	-0.1	7:16	4:49	
14	Thu	6:36	3.7	7:00	3.1	12:16	0.0	12:58	-0.2	7:16	4:50	
15	Fri	7:15	3.7	7:39	3.1	1:00	0.0	1:39	-0.2	7:15	4:51	
16	Sat	7:52	3.7	8:18	3.1	1:41	0.0	2:16	-0.3	7:15	4:52	
17	Sun	8:29	3.6	8:55	3.1	2:21	0.0	2:51	-0.3	7:14	4:54	
18	Mon	9:04	3.4	9:32	3.1	2:57	0.1	3:23	-0.2	7:14	4:55	
19	Tue	9:39	3.3	10:08	3.1	3:32	0.2	3:54	-0.1	7:13	4:56	
20	Wed	10:16	3.1	10:46	3.1	4:07	0.3	4:24	0.0	7:13	4:57	
21	Thu	10:58	3.0	11:28	3.1	4:45	0.4	4:57	0.1	7:12	4:58	
22	Fri	11:45	2.8			5:34	0.5	5:39	0.2	7:11	4:59	
23	Sat	12:14	3.2	12:38	2.7	6:42	0.6	6:37	0.2	7:11	5:01	
24	Sun	1:05	3.3	1:36	2.7	7:59	0.5	7:48	0.2	7:10	5:02	
25	Mon	2:05	3.4	2:44	2.7	9:08	0.3	8:58	0.1	7:09	5:03	
26	Tue	3:13	3.6	3:56	2.9	10:08	0.0	10:01	-0.1	7:09	5:04	
27	Wed	4:21	3.8	5:00	3.1	11:04	-0.3	11:00	-0.4	7:08	5:05	
28	Thu	5:21	4.1	5:56	3.4	11:57	-0.6	11:57	-0.6	7:07	5:07	
29	Fri	6:15	4.3	6:48	3.7			12:49	-0.8	7:06	5:08	
30	Sat	7:06	4.5	7:39	3.9	12:53	-0.8	1:38	-1.0	7:05	5:09	
31	Sun	7:56	4.4	8:29	4.1	1:47	-0.9	2:26	-1.1	7:04	5:10	