

Long Beach (inside), NY - Jun 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:34	3.9	7:00	4.8	12:26	0.2	12:24	0.1	5:25	8:18	
2	Tue	7:26	3.9	7:45	4.9	1:16	0.1	1:11	0.1	5:25	8:19	
3	Wed	8:13	3.9	8:28	4.8	2:06	0.0	1:57	0.3	5:25	8:20	
4	Thu	8:59	3.9	9:10	4.7	2:53	0.0	2:43	0.4	5:24	8:20	
5	Fri	9:45	3.8	9:51	4.6	3:38	0.1	3:27	0.5	5:24	8:21	
6	Sat	10:32	3.7	10:34	4.4	4:20	0.2	4:09	0.6	5:24	8:22	
7	Sun	11:19	3.6	11:17	4.2	4:59	0.3	4:50	0.8	5:23	8:22	
8	Mon			12:09	3.5	5:38	0.4	5:30	0.9	5:23	8:23	
9	Tue	12:03	4.0	12:58	3.5	6:17	0.6	6:13	1.1	5:23	8:24	
10	Wed	12:50	3.8	1:45	3.6	7:00	0.7	7:05	1.2	5:23	8:24	
11	Thu	1:36	3.7	2:29	3.6	7:46	0.8	8:06	1.3	5:23	8:25	
12	Fri	2:20	3.6	3:11	3.7	8:36	0.8	9:10	1.2	5:23	8:25	
13	Sat	3:06	3.5	3:56	3.9	9:27	0.8	10:10	1.1	5:23	8:26	
14	Sun	3:57	3.4	4:44	4.1	10:15	0.7	11:05	0.9	5:22	8:26	
15	Mon	4:56	3.4	5:36	4.3	11:03	0.6	11:57	0.6	5:22	8:26	
16	Tue	5:56	3.5	6:26	4.6	11:50	0.5			5:23	8:27	
17	Wed	6:52	3.6	7:14	4.8	12:47	0.3	12:39	0.4	5:23	8:27	
18	Thu	7:43	3.7	8:01	5.0	1:38	0.1	1:30	0.3	5:23	8:27	
19	Fri	8:32	3.9	8:50	5.2	2:30	-0.1	2:23	0.2	5:23	8:28	
20	Sat	9:23	4.0	9:40	5.2	3:21	-0.2	3:17	0.1	5:23	8:28	
21	Sun	10:16	4.1	10:33	5.1	4:10	-0.3	4:10	0.1	5:23	8:28	
22	Mon	11:13	4.1	11:30	4.9	4:57	-0.4	5:02	0.1	5:23	8:28	
23	Tue			12:12	4.2	5:45	-0.3	5:57	0.3	5:24	8:29	
24	Wed	12:27	4.7	1:10	4.3	6:35	-0.2	6:57	0.4	5:24	8:29	
25	Thu	1:24	4.5	2:05	4.4	7:29	-0.1	8:04	0.6	5:24	8:29	
26	Fri	2:19	4.3	2:59	4.5	8:26	0.1	9:12	0.6	5:25	8:29	
27	Sat	3:14	4.0	3:52	4.5	9:23	0.2	10:16	0.6	5:25	8:29	
28	Sun	4:11	3.8	4:48	4.5	10:18	0.3	11:15	0.5	5:25	8:29	
29	Mon	5:12	3.7	5:44	4.5	11:10	0.3			5:26	8:29	
30	Tue	6:12	3.6	6:37	4.6	12:08	0.4	11:59 AM	0.4	5:26	8:29	