

Long Beach (inside), NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:11	4.1	8:31	4.0	1:54	-0.3	2:13	-0.4	6:27	5:46	
2	Tue	8:49	4.0	9:07	3.9	2:34	-0.3	2:49	-0.3	6:26	5:47	
3	Wed	9:26	3.8	9:42	3.8	3:11	-0.2	3:22	-0.2	6:24	5:48	
4	Thu	10:04	3.6	10:17	3.7	3:47	-0.1	3:53	-0.1	6:23	5:49	
5	Fri	10:42	3.4	10:52	3.6	4:22	0.1	4:24	0.1	6:21	5:50	
6	Sat	11:24	3.2	11:32	3.5	4:58	0.3	4:56	0.3	6:19	5:51	
7	Sun			12:10	3.1	5:39	0.5	5:34	0.4	6:18	5:52	
8	Mon	12:17	3.5	1:00	3.0	6:36	0.6	6:28	0.6	6:16	5:53	
9	Tue	1:08	3.5	1:54	3.0	7:48	0.7	7:42	0.6	6:15	5:54	
10	Wed	2:05	3.5	2:54	3.1	8:57	0.5	8:56	0.5	6:13	5:56	
11	Thu	3:09	3.7	3:59	3.3	9:56	0.3	10:00	0.2	6:11	5:57	
12	Fri	4:18	3.9	5:01	3.6	10:49	0.0	10:58	-0.1	6:10	5:58	
13	Sat	5:20	4.1	5:55	4.0	11:39	-0.3	11:52	-0.5	6:08	5:59	
14	Sun	6:14	4.4	6:45	4.4			12:28	-0.6	6:07	6:00	
15	Mon	7:04	4.6	7:33	4.8	12:46	-0.7	1:16	-0.9	6:05	6:01	
16	Tue	7:53	4.7	8:21	4.9	1:39	-0.9	2:04	-1.0	6:03	6:02	
17	Wed	8:42	4.7	9:11	5.0	2:31	-1.0	2:52	-1.0	6:02	6:03	
18	Thu	9:34	4.5	10:03	4.9	3:21	-1.0	3:38	-0.9	6:00	6:04	
19	Fri	10:28	4.3	10:58	4.7	4:11	-0.8	4:26	-0.6	5:58	6:05	
20	Sat	11:26	4.0	11:56	4.4	5:03	-0.5	5:17	-0.3	5:57	6:06	
21	Sun			12:26	3.8	6:01	-0.2	6:16	0.1	5:55	6:07	
22	Mon	12:54	4.2	1:25	3.6	7:05	0.1	7:24	0.3	5:53	6:08	
23	Tue	1:52	4.0	2:24	3.5	8:13	0.2	8:33	0.4	5:52	6:09	
24	Wed	2:51	3.8	3:25	3.5	9:15	0.2	9:36	0.4	5:50	6:10	
25	Thu	3:52	3.8	4:26	3.5	10:10	0.2	10:31	0.3	5:48	6:12	
26	Fri	4:51	3.8	5:21	3.7	10:58	0.1	11:19	0.2	5:47	6:13	
27	Sat	5:42	3.9	6:07	3.9	11:41	0.0			5:45	6:14	
28	Sun	6:26	4.0	6:48	4.1	12:04	0.1	12:22	-0.1	5:43	6:15	
29	Mon	7:07	4.0	7:25	4.2	12:47	0.0	1:01	-0.1	5:42	6:16	
30	Tue	7:45	4.0	8:00	4.2	1:29	-0.1	1:39	-0.1	5:40	6:17	
31	Wed	8:22	3.9	8:34	4.2	2:09	-0.1	2:15	-0.1	5:39	6:18	