

Long Beach (inside), NY - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:41	4.1	11:42	4.5	5:19	-0.1	5:25	0.3	5:27	8:29	
2	Fri			12:34	4.2	6:01	0.0	6:17	0.4	5:28	8:29	
3	Sat	12:37	4.4	1:28	4.4	6:49	0.1	7:18	0.5	5:28	8:28	
4	Sun	1:35	4.2	2:22	4.5	7:45	0.1	8:27	0.6	5:29	8:28	
5	Mon	2:32	4.1	3:18	4.6	8:47	0.2	9:37	0.5	5:29	8:28	
6	Tue	3:32	4.0	4:17	4.7	9:50	0.2	10:41	0.3	5:30	8:28	
7	Wed	4:38	3.9	5:19	4.8	10:50	0.1	11:41	0.1	5:31	8:27	
8	Thu	5:45	4.0	6:20	5.0	11:48	0.0			5:31	8:27	
9	Fri	6:47	4.1	7:15	5.1	12:36	0.0	12:43	0.0	5:32	8:27	
10	Sat	7:43	4.2	8:06	5.1	1:30	-0.2	1:37	0.0	5:33	8:26	
11	Sun	8:34	4.3	8:54	5.1	2:22	-0.3	2:29	0.0	5:33	8:26	
12	Mon	9:23	4.3	9:40	5.0	3:10	-0.3	3:19	0.1	5:34	8:25	
13	Tue	10:11	4.3	10:26	4.8	3:56	-0.3	4:06	0.2	5:35	8:25	
14	Wed	10:59	4.2	11:13	4.5	4:37	-0.2	4:50	0.3	5:36	8:24	
15	Thu	11:47	4.1	11:59	4.2	5:17	0.0	5:33	0.6	5:36	8:24	
16	Fri			12:35	4.1	5:55	0.2	6:17	0.8	5:37	8:23	
17	Sat	12:47	4.0	1:21	4.0	6:35	0.4	7:07	1.0	5:38	8:23	
18	Sun	1:34	3.8	2:06	4.0	7:18	0.6	8:04	1.1	5:39	8:22	
19	Mon	2:20	3.6	2:50	3.9	8:07	0.8	9:05	1.2	5:40	8:21	
20	Tue	3:08	3.5	3:35	4.0	9:01	0.8	10:04	1.1	5:40	8:20	
21	Wed	3:59	3.4	4:26	4.0	9:56	0.8	10:58	0.9	5:41	8:20	
22	Thu	4:56	3.4	5:20	4.1	10:49	0.8	11:48	0.7	5:42	8:19	
23	Fri	5:54	3.5	6:12	4.3	11:38	0.7			5:43	8:18	
24	Sat	6:47	3.6	6:59	4.5	12:35	0.5	12:27	0.5	5:44	8:17	
25	Sun	7:33	3.8	7:42	4.7	1:21	0.3	1:14	0.4	5:45	8:16	
26	Mon	8:16	4.0	8:24	4.8	2:06	0.1	2:03	0.2	5:46	8:15	
27	Tue	8:59	4.2	9:05	4.9	2:51	-0.1	2:51	0.1	5:47	8:14	
28	Wed	9:42	4.4	9:49	4.9	3:34	-0.2	3:39	0.0	5:48	8:13	
29	Thu	10:28	4.5	10:36	4.8	4:16	-0.3	4:26	0.0	5:48	8:13	
30	Fri	11:18	4.6	11:27	4.6	4:57	-0.3	5:13	0.1	5:49	8:11	
31	Sat			12:12	4.6	5:40	-0.2	6:05	0.2	5:50	8:10	