

Long Beach (inside), NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:23	4.4	1:07	4.7	6:27	-0.1	7:04	0.4	5:51	8:09	
2	Mon	1:21	4.2	2:04	4.7	7:23	0.1	8:11	0.5	5:52	8:08	
3	Tue	2:20	4.1	3:00	4.7	8:26	0.3	9:21	0.5	5:53	8:07	
4	Wed	3:20	3.9	4:00	4.7	9:33	0.3	10:27	0.4	5:54	8:06	
5	Thu	4:25	3.9	5:03	4.7	10:36	0.3	11:26	0.3	5:55	8:05	
6	Fri	5:32	3.9	6:04	4.8	11:35	0.2			5:56	8:04	
7	Sat	6:34	4.0	7:00	4.9	12:20	0.1	12:29	0.2	5:57	8:02	
8	Sun	7:27	4.2	7:49	4.9	1:11	0.0	1:21	0.1	5:58	8:01	
9	Mon	8:16	4.3	8:34	4.9	1:59	-0.1	2:11	0.1	5:59	8:00	
10	Tue	9:00	4.4	9:17	4.8	2:45	-0.1	2:58	0.2	6:00	7:59	
11	Wed	9:43	4.4	9:59	4.6	3:27	-0.1	3:42	0.2	6:01	7:57	
12	Thu	10:26	4.3	10:41	4.4	4:06	0.0	4:23	0.3	6:02	7:56	
13	Fri	11:08	4.3	11:23	4.2	4:42	0.1	5:03	0.5	6:03	7:55	
14	Sat	11:51	4.2			5:17	0.3	5:43	0.7	6:04	7:53	
15	Sun	12:08	3.9	12:35	4.1	5:51	0.5	6:25	0.9	6:05	7:52	
16	Mon	12:54	3.7	1:19	4.0	6:28	0.7	7:15	1.1	6:06	7:51	
17	Tue	1:41	3.6	2:04	3.9	7:12	0.9	8:16	1.2	6:07	7:49	
18	Wed	2:30	3.4	2:49	3.9	8:08	1.0	9:21	1.2	6:08	7:48	
19	Thu	3:20	3.4	3:38	4.0	9:11	1.0	10:20	1.1	6:09	7:46	
20	Fri	4:16	3.4	4:34	4.1	10:12	1.0	11:14	0.8	6:10	7:45	
21	Sat	5:17	3.5	5:33	4.3	11:08	0.8			6:11	7:43	
22	Sun	6:13	3.7	6:27	4.5	12:02	0.6	11:59 AM	0.6	6:12	7:42	
23	Mon	7:03	4.0	7:15	4.8	12:49	0.3	12:50	0.3	6:13	7:40	
24	Tue	7:48	4.4	8:00	5.0	1:34	0.0	1:40	0.1	6:14	7:39	
25	Wed	8:32	4.6	8:44	5.0	2:20	-0.2	2:30	-0.1	6:15	7:37	
26	Thu	9:17	4.9	9:30	5.0	3:05	-0.3	3:21	-0.2	6:16	7:36	
27	Fri	10:04	5.0	10:19	4.9	3:49	-0.4	4:10	-0.3	6:17	7:34	
28	Sat	10:54	5.0	11:11	4.7	4:33	-0.4	4:59	-0.2	6:18	7:33	
29	Sun	11:49	5.0			5:18	-0.3	5:51	0.0	6:19	7:31	
30	Mon	12:09	4.5	12:47	4.9	6:07	-0.1	6:49	0.3	6:20	7:30	
31	Tue	1:09	4.2	1:46	4.8	7:03	0.2	7:55	0.5	6:21	7:28	