

Long Beach (inside), NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:32	4.0	3:52	4.0	9:44	0.7	10:04	0.4	6:25	4:51	
2	Tue	4:27	4.1	4:46	4.0	10:34	0.6	10:47	0.3	6:26	4:50	
3	Wed	5:16	4.2	5:35	4.0	11:20	0.5	11:27	0.3	6:27	4:48	
4	Thu	5:59	4.4	6:19	4.0			12:03	0.3	6:28	4:47	
5	Fri	6:38	4.5	6:59	4.1	12:07	0.2	12:45	0.3	6:29	4:46	
6	Sat	7:15	4.6	7:38	4.0	12:46	0.2	1:27	0.2	6:31	4:45	
7	Sun	7:49	4.6	8:16	3.9	1:25	0.3	2:08	0.2	6:32	4:44	
8	Mon	8:23	4.5	8:54	3.8	2:03	0.3	2:47	0.2	6:33	4:43	
9	Tue	8:55	4.4	9:32	3.7	2:40	0.4	3:25	0.3	6:34	4:42	
10	Wed	9:28	4.3	10:14	3.5	3:16	0.5	4:01	0.4	6:35	4:41	
11	Thu	10:04	4.2	11:00	3.5	3:51	0.6	4:39	0.5	6:36	4:40	
12	Fri	10:48	4.1	11:51	3.4	4:28	0.7	5:20	0.6	6:38	4:39	
13	Sat	11:43	4.0			5:12	0.8	6:11	0.6	6:39	4:38	
14	Sun	12:44	3.5	12:41	4.0	6:13	0.9	7:12	0.6	6:40	4:37	
15	Mon	1:37	3.7	1:40	4.0	7:29	0.9	8:15	0.5	6:41	4:37	
16	Tue	2:32	3.9	2:41	4.0	8:42	0.6	9:14	0.2	6:42	4:36	
17	Wed	3:31	4.2	3:46	4.1	9:46	0.3	10:08	0.0	6:43	4:35	
18	Thu	4:31	4.6	4:51	4.2	10:44	0.0	11:00	-0.3	6:45	4:34	
19	Fri	5:28	5.0	5:50	4.4	11:40	-0.3	11:52	-0.5	6:46	4:34	
20	Sat	6:21	5.3	6:44	4.5			12:34	-0.6	6:47	4:33	
21	Sun	7:12	5.4	7:37	4.5	12:45	-0.6	1:29	-0.7	6:48	4:32	
22	Mon	8:03	5.4	8:30	4.5	1:38	-0.6	2:22	-0.8	6:49	4:32	
23	Tue	8:54	5.3	9:24	4.4	2:31	-0.6	3:13	-0.7	6:50	4:31	
24	Wed	9:48	5.0	10:21	4.2	3:22	-0.4	4:02	-0.6	6:51	4:31	
25	Thu	10:43	4.7	11:20	4.0	4:12	-0.1	4:52	-0.3	6:52	4:30	
26	Fri	11:41	4.4			5:05	0.2	5:45	-0.1	6:54	4:30	
27	Sat	12:19	3.9	12:36	4.2	6:03	0.5	6:41	0.2	6:55	4:29	
28	Sun	1:13	3.8	1:29	3.9	7:08	0.7	7:39	0.3	6:56	4:29	
29	Mon	2:05	3.8	2:21	3.7	8:13	0.8	8:34	0.4	6:57	4:28	
30	Tue	2:57	3.8	3:14	3.6	9:12	0.7	9:24	0.4	6:58	4:28	