

Long Beach (inside), NY - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:17	3.4	12:15	3.5	5:54	0.5	6:27	0.2	7:18	4:38	
2	Mon	1:07	3.6	1:11	3.5	7:03	0.5	7:30	0.1	7:18	4:38	
3	Tue	2:00	3.7	2:11	3.4	8:17	0.4	8:35	0.0	7:18	4:39	
4	Wed	2:59	3.9	3:17	3.4	9:26	0.2	9:37	-0.2	7:18	4:40	
5	Thu	4:02	4.2	4:27	3.6	10:27	-0.2	10:36	-0.4	7:18	4:41	
6	Fri	5:06	4.5	5:32	3.8	11:24	-0.5	11:32	-0.6	7:18	4:42	
7	Sat	6:03	4.8	6:30	4.0			12:20	-0.8	7:18	4:43	
8	Sun	6:57	5.0	7:24	4.2	12:28	-0.8	1:14	-1.0	7:18	4:44	
9	Mon	7:49	5.1	8:17	4.3	1:24	-0.9	2:07	-1.2	7:18	4:45	
10	Tue	8:40	5.0	9:10	4.3	2:18	-0.9	2:57	-1.2	7:17	4:46	
11	Wed	9:32	4.8	10:05	4.2	3:10	-0.9	3:45	-1.1	7:17	4:47	
12	Thu	10:25	4.6	11:00	4.1	4:00	-0.7	4:31	-0.9	7:17	4:48	
13	Fri	11:19	4.2	11:54	3.9	4:50	-0.4	5:19	-0.7	7:16	4:49	
14	Sat			12:13	3.9	5:44	-0.1	6:09	-0.4	7:16	4:50	
15	Sun	12:47	3.8	1:05	3.6	6:43	0.2	7:03	-0.1	7:16	4:51	
16	Mon	1:38	3.7	1:56	3.4	7:47	0.4	7:59	0.1	7:15	4:53	
17	Tue	2:28	3.6	2:48	3.2	8:49	0.4	8:54	0.2	7:15	4:54	
18	Wed	3:20	3.5	3:44	3.1	9:46	0.4	9:45	0.2	7:14	4:55	
19	Thu	4:15	3.6	4:42	3.1	10:36	0.3	10:33	0.2	7:14	4:56	
20	Fri	5:08	3.7	5:35	3.2	11:23	0.1	11:18	0.1	7:13	4:57	
21	Sat	5:56	3.8	6:22	3.3			12:07	0.0	7:13	4:58	
22	Sun	6:38	3.9	7:04	3.4	12:03	0.0	12:50	-0.2	7:12	4:59	
23	Mon	7:16	4.0	7:44	3.5	12:47	-0.1	1:32	-0.3	7:11	5:01	
24	Tue	7:52	4.1	8:22	3.5	1:30	-0.2	2:12	-0.4	7:11	5:02	
25	Wed	8:27	4.0	8:59	3.5	2:11	-0.2	2:49	-0.4	7:10	5:03	
26	Thu	9:00	4.0	9:35	3.5	2:50	-0.2	3:24	-0.4	7:09	5:04	
27	Fri	9:35	3.9	10:13	3.5	3:27	-0.2	3:57	-0.3	7:08	5:05	
28	Sat	10:13	3.8	10:55	3.6	4:04	-0.1	4:31	-0.3	7:07	5:07	
29	Sun	10:58	3.6	11:43	3.6	4:44	0.0	5:07	-0.2	7:07	5:08	
30	Mon	11:50	3.5			5:32	0.1	5:52	-0.1	7:06	5:09	
31	Tue	12:35	3.7	12:48	3.4	6:35	0.2	6:52	0.0	7:05	5:10	