

Long Beach (inside), NY - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:49	3.7	6:17	4.4	11:42	0.4			5:27	8:29	
2	Sun	6:42	3.8	7:03	4.5	12:32	0.4	12:26	0.4	5:27	8:29	
3	Mon	7:29	3.8	7:45	4.6	1:17	0.3	1:10	0.4	5:28	8:29	
4	Tue	8:13	3.9	8:24	4.6	2:01	0.3	1:54	0.4	5:28	8:28	
5	Wed	8:55	3.9	9:02	4.5	2:44	0.2	2:37	0.5	5:29	8:28	
6	Thu	9:36	3.9	9:38	4.5	3:25	0.2	3:19	0.5	5:30	8:28	
7	Fri	10:17	3.9	10:14	4.3	4:03	0.2	3:59	0.6	5:30	8:28	
8	Sat	10:58	3.8	10:49	4.2	4:39	0.2	4:37	0.6	5:31	8:27	
9	Sun	11:39	3.8	11:26	4.1	5:13	0.3	5:14	0.7	5:32	8:27	
10	Mon			12:21	3.8	5:46	0.4	5:52	0.8	5:32	8:27	
11	Tue	12:07	4.0	1:04	3.8	6:21	0.5	6:37	0.9	5:33	8:26	
12	Wed	12:54	3.9	1:48	4.0	7:02	0.5	7:36	1.0	5:34	8:26	
13	Thu	1:46	3.8	2:35	4.1	7:55	0.6	8:45	0.9	5:34	8:25	
14	Fri	2:40	3.8	3:27	4.3	8:57	0.5	9:54	0.7	5:35	8:25	
15	Sat	3:40	3.8	4:26	4.5	10:00	0.4	10:56	0.5	5:36	8:24	
16	Sun	4:48	3.8	5:29	4.8	11:01	0.2	11:55	0.2	5:37	8:23	
17	Mon	5:57	4.0	6:30	5.1	11:59	0.0			5:38	8:23	
18	Tue	6:59	4.2	7:27	5.3	12:50	-0.1	12:56	-0.2	5:38	8:22	
19	Wed	7:55	4.5	8:20	5.5	1:45	-0.4	1:53	-0.3	5:39	8:21	
20	Thu	8:50	4.6	9:12	5.5	2:39	-0.6	2:50	-0.4	5:40	8:21	
21	Fri	9:44	4.7	10:05	5.4	3:31	-0.7	3:45	-0.4	5:41	8:20	
22	Sat	10:39	4.8	10:59	5.2	4:21	-0.8	4:37	-0.3	5:42	8:19	
23	Sun	11:35	4.7	11:54	4.9	5:08	-0.6	5:29	-0.1	5:43	8:18	
24	Mon			12:31	4.6	5:56	-0.4	6:22	0.2	5:43	8:18	
25	Tue	12:49	4.6	1:25	4.5	6:45	-0.1	7:21	0.5	5:44	8:17	
26	Wed	1:43	4.3	2:17	4.4	7:38	0.2	8:23	0.7	5:45	8:16	
27	Thu	2:35	4.0	3:07	4.3	8:34	0.4	9:26	0.8	5:46	8:15	
28	Fri	3:27	3.8	3:58	4.2	9:30	0.6	10:25	0.8	5:47	8:14	
29	Sat	4:22	3.6	4:52	4.2	10:23	0.6	11:17	0.7	5:48	8:13	
30	Sun	5:19	3.6	5:46	4.2	11:12	0.7			5:49	8:12	
31	Mon	6:14	3.6	6:35	4.3	12:05	0.6	11:59 AM	0.6	5:50	8:11	