US HARBORS www.USHarbors.com

Long Beach (inside), NY - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:08	4.1	11:22	4.8	4:56	-0.2	5:00	0.2	5:27	8:29	
2	Wed			12:03	4.2	5:40	-0.2	5:51	0.3	5:28	8:29	
3	Thu	12:18	4.6	1:00	4.3	6:28	-0.1	6:49	0.5	5:28	8:28	
4	Fri	1:16	4.5	1:56	4.4	7:23	0.0	7:56	0.5	5:29	8:28	
5	Sat	2:13	4.3	2:51	4.5	8:22	0.0	9:06	0.5	5:29	8:28	
6	Sun	3:10	4.2	3:48	4.6	9:23	0.1	10:13	0.4	5:30	8:28	
7	Mon	4:11	4.1	4:48	4.7	10:21	0.0	11:14	0.3	5:31	8:27	
8	Tue	5:14	4.0	5:48	4.8	11:17	0.0			5:31	8:27	
9	Wed	6:17	4.1	6:44	4.9	12:10	0.1	12:10	0.0	5:32	8:27	
10	Thu	7:13	4.1	7:35	5.0	1:03	0.0	1:02	0.0	5:33	8:26	
11	Fri	8:04	4.2	8:22	5.0	1:54	-0.1	1:53	0.1	5:33	8:26	
12	Sat	8:53	4.2	9:07	4.9	2:44	-0.2	2:42	0.1	5:34	8:25	
13	Sun	9:40	4.2	9:51	4.7	3:30	-0.2	3:29	0.2	5:35	8:25	
14	Mon	10:27	4.1	10:35	4.6	4:12	-0.1	4:12	0.3	5:36	8:24	
15	Tue	11:14	4.0	11:19	4.3	4:52	0.0	4:54	0.5	5:36	8:24	
16	Wed			12:02	4.0	5:30	0.2	5:35	0.7	5:37	8:23	
17	Thu	12:04	4.1	12:49	3.9	6:08	0.4	6:18	0.9	5:38	8:23	
18	Fri	12:50	3.9	1:35	3.9	6:48	0.6	7:08	1.1	5:39	8:22	
19	Sat	1:35	3.7	2:19	3.9	7:33	0.7	8:05	1.2	5:40	8:21	
20	Sun	2:20	3.6	3:02	3.9	8:23	0.8	9:07	1.2	5:40	8:20	
21	Mon	3:07	3.5	3:48	4.0	9:17	0.9	10:06	1.0	5:41	8:20	
22	Tue	3:58	3.4	4:38	4.1	10:10	0.8	11:01	0.9	5:42	8:19	
23	Wed	4:57	3.4	5:32	4.2	11:01	0.7	11:52	0.6	5:43	8:18	
24	Thu	5:56	3.5	6:23	4.5	11:51	0.6			5:44	8:17	
25	Fri	6:50	3.7	7:11	4.7	12:40	0.4	12:39	0.4	5:45	8:16	
26	Sat	7:38	3.9	7:56	4.9	1:29	0.1	1:29	0.3	5:46	8:15	
27	Sun	8:24	4.1	8:41	5.1	2:17	-0.1	2:19	0.1	5:47	8:14	
28	Mon	9:10	4.3	9:27	5.1	3:04	-0.3	3:10	0.0	5:48	8:13	
29	Tue	9:58	4.4	10:16	5.1	3:50	-0.4	3:59	-0.1	5:49	8:12	
30	Wed	10:49	4.5	11:08	5.0	4:35	-0.5	4:49	0.0	5:49	8:11	
31	Thu	11:44	4.6			5:20	-0.4	5:40	0.1	5:50	8:10	