

Mount Sinai, NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:42	6.8	11:12	6.0	4:48	-0.3	5:25	-0.7	7:16	4:34	●
2	Fri	11:28	6.6	11:58	6.0	5:36	-0.3	6:09	-0.6	7:17	4:34	●
3	Sat			12:13	6.4	6:22	-0.2	6:52	-0.4	7:17	4:35	●
4	Sun	12:43	5.9	12:58	6.2	7:07	0.0	7:34	-0.3	7:17	4:36	●
5	Mon	1:27	5.8	1:43	5.9	7:53	0.1	8:17	-0.1	7:17	4:37	◐
6	Tue	2:12	5.7	2:29	5.7	8:39	0.3	9:00	0.2	7:17	4:38	◐
7	Wed	2:57	5.6	3:16	5.4	9:28	0.5	9:45	0.3	7:17	4:39	◐
8	Thu	3:44	5.6	4:06	5.2	10:19	0.6	10:33	0.5	7:16	4:40	◐
9	Fri	4:33	5.5	5:00	5.0	11:12	0.6	11:24	0.6	7:16	4:41	◐
10	Sat	5:25	5.4	5:55	4.9			12:07	0.6	7:16	4:42	◐
11	Sun	6:18	5.5	6:51	4.9	12:16	0.7	1:02	0.5	7:16	4:43	◐
12	Mon	7:11	5.6	7:45	5.1	1:09	0.6	1:55	0.4	7:16	4:44	◐
13	Tue	8:02	5.8	8:35	5.3	2:01	0.5	2:45	0.1	7:15	4:45	○
14	Wed	8:49	6.1	9:21	5.5	2:51	0.3	3:32	-0.1	7:15	4:46	○
15	Thu	9:34	6.3	10:05	5.7	3:38	0.1	4:17	-0.4	7:14	4:47	○
16	Fri	10:19	6.5	10:48	6.0	4:25	-0.2	5:01	-0.6	7:14	4:49	○
17	Sat	11:03	6.7	11:33	6.2	5:10	-0.4	5:45	-0.8	7:14	4:50	○
18	Sun	11:48	6.7			5:57	-0.6	6:29	-0.9	7:13	4:51	○
19	Mon	12:18	6.4	12:36	6.7	6:45	-0.6	7:15	-0.9	7:13	4:52	○
20	Tue	1:06	6.5	1:25	6.6	7:35	-0.6	8:02	-0.8	7:12	4:53	○
21	Wed	1:56	6.5	2:18	6.3	8:29	-0.5	8:53	-0.7	7:11	4:54	○
22	Thu	2:49	6.5	3:13	6.1	9:26	-0.4	9:48	-0.5	7:11	4:56	○
23	Fri	3:45	6.4	4:12	5.8	10:27	-0.2	10:47	-0.2	7:10	4:57	○
24	Sat	4:45	6.3	5:16	5.5	11:31	-0.1	11:49	-0.1	7:09	4:58	◐
25	Sun	5:48	6.2	6:22	5.4			12:36	-0.1	7:09	4:59	◐
26	Mon	6:52	6.2	7:27	5.4	12:52	0.0	1:39	-0.1	7:08	5:00	◐
27	Tue	7:54	6.2	8:27	5.6	1:54	0.0	2:39	-0.2	7:07	5:02	◐
28	Wed	8:51	6.3	9:21	5.7	2:52	-0.1	3:33	-0.4	7:06	5:03	◐
29	Thu	9:41	6.4	10:10	5.9	3:46	-0.2	4:22	-0.5	7:05	5:04	◐
30	Fri	10:28	6.4	10:54	5.9	4:35	-0.3	5:06	-0.5	7:05	5:05	◐
31	Sat	11:11	6.3	11:36	6.0	5:20	-0.3	5:47	-0.5	7:04	5:07	●