

Mount Sinai, NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:43	6.6	4:13	7.1	10:15	0.0	10:55	0.1	5:48	8:08	
2	Mon	4:40	6.3	5:09	7.0	11:11	0.2	11:56	0.2	5:49	8:07	
3	Tue	5:40	6.1	6:10	6.9			12:11	0.4	5:50	8:06	
4	Wed	6:45	5.9	7:13	6.8	12:59	0.3	1:14	0.5	5:51	8:04	
5	Thu	7:50	5.9	8:17	6.8	2:03	0.3	2:17	0.5	5:52	8:03	
6	Fri	8:54	6.0	9:17	6.9	3:05	0.2	3:19	0.4	5:53	8:02	
7	Sat	9:52	6.2	10:12	6.9	4:02	0.1	4:16	0.3	5:54	8:01	
8	Sun	10:44	6.4	11:02	6.9	4:55	0.0	5:10	0.2	5:55	8:00	
9	Mon	11:32	6.5	11:49	6.9	5:42	-0.1	5:59	0.2	5:56	7:58	
10	Tue			12:17	6.6	6:26	-0.1	6:44	0.2	5:57	7:57	
11	Wed	12:33	6.8	12:59	6.6	7:08	0.0	7:28	0.3	5:58	7:56	
12	Thu	1:16	6.6	1:41	6.6	7:47	0.1	8:11	0.4	5:59	7:54	
13	Fri	1:59	6.4	2:22	6.5	8:27	0.3	8:53	0.5	6:00	7:53	
14	Sat	2:42	6.2	3:03	6.4	9:06	0.5	9:37	0.7	6:01	7:52	
15	Sun	3:26	6.0	3:46	6.3	9:47	0.7	10:23	0.8	6:02	7:50	
16	Mon	4:12	5.8	4:31	6.1	10:32	1.0	11:12	0.9	6:03	7:49	
17	Tue	5:01	5.6	5:19	6.0	11:20	1.1			6:04	7:47	
18	Wed	5:54	5.4	6:12	5.9	12:05	1.0	12:13	1.3	6:05	7:46	
19	Thu	6:50	5.4	7:08	5.9	1:00	1.1	1:09	1.3	6:06	7:45	
20	Fri	7:47	5.5	8:04	6.1	1:55	1.0	2:05	1.2	6:07	7:43	
21	Sat	8:41	5.7	8:57	6.3	2:49	0.8	2:59	1.0	6:08	7:42	
22	Sun	9:31	5.9	9:47	6.5	3:40	0.6	3:51	0.7	6:09	7:40	
23	Mon	10:17	6.3	10:34	6.8	4:27	0.3	4:40	0.4	6:10	7:39	
24	Tue	11:02	6.6	11:19	7.0	5:12	0.0	5:28	0.1	6:11	7:37	
25	Wed	11:46	7.0			5:56	-0.2	6:15	-0.2	6:12	7:35	
26	Thu	12:05	7.1	12:31	7.2	6:40	-0.4	7:03	-0.3	6:13	7:34	
27	Fri	12:52	7.2	1:17	7.4	7:25	-0.4	7:52	-0.4	6:14	7:32	
28	Sat	1:41	7.1	2:06	7.4	8:12	-0.4	8:44	-0.3	6:15	7:31	
29	Sun	2:32	6.9	2:57	7.4	9:01	-0.2	9:38	-0.2	6:16	7:29	
30	Mon	3:26	6.6	3:52	7.2	9:55	0.0	10:37	0.1	6:17	7:28	
31	Tue	4:23	6.4	4:50	7.0	10:53	0.3	11:39	0.3	6:18	7:26	