

Mount Sinai, NY - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:41	5.4	6:13	4.7			12:24	0.7	7:16	4:34	
2	Mon	6:34	5.5	7:09	4.8	12:31	0.9	1:18	0.6	7:17	4:35	
3	Tue	7:25	5.7	8:02	4.9	1:23	0.8	2:11	0.4	7:17	4:36	
4	Wed	8:15	5.9	8:50	5.1	2:14	0.7	3:00	0.2	7:17	4:37	
5	Thu	9:02	6.1	9:36	5.3	3:04	0.5	3:48	-0.1	7:17	4:38	
6	Fri	9:48	6.3	10:21	5.5	3:52	0.3	4:34	-0.3	7:16	4:39	
7	Sat	10:33	6.5	11:06	5.7	4:38	0.0	5:19	-0.5	7:16	4:40	
8	Sun	11:20	6.7	11:51	5.9	5:25	-0.2	6:03	-0.6	7:16	4:41	
9	Mon			12:07	6.7	6:13	-0.3	6:49	-0.7	7:16	4:42	
10	Tue	12:38	6.1	12:56	6.7	7:03	-0.4	7:35	-0.7	7:16	4:43	
11	Wed	1:27	6.2	1:46	6.5	7:55	-0.4	8:23	-0.7	7:16	4:44	
12	Thu	2:18	6.3	2:40	6.2	8:51	-0.3	9:14	-0.5	7:15	4:45	
13	Fri	3:11	6.3	3:36	5.9	9:50	-0.2	10:08	-0.3	7:15	4:46	
14	Sat	4:07	6.3	4:36	5.5	10:52	-0.1	11:06	-0.1	7:15	4:47	
15	Sun	5:07	6.2	5:40	5.3	11:57	0.0			7:14	4:48	
16	Mon	6:09	6.1	6:46	5.2	12:06	0.1	1:01	0.0	7:14	4:49	
17	Tue	7:12	6.1	7:49	5.2	1:08	0.2	2:03	0.0	7:13	4:51	
18	Wed	8:13	6.1	8:48	5.3	2:09	0.2	3:02	-0.1	7:13	4:52	
19	Thu	9:08	6.2	9:40	5.4	3:07	0.2	3:54	-0.2	7:12	4:53	
20	Fri	9:57	6.2	10:27	5.5	3:59	0.1	4:42	-0.2	7:12	4:54	
21	Sat	10:43	6.2	11:11	5.6	4:48	0.1	5:25	-0.3	7:11	4:55	
22	Sun	11:26	6.1	11:52	5.7	5:32	0.0	6:05	-0.2	7:10	4:57	
23	Mon			12:06	6.0	6:14	0.1	6:43	-0.1	7:10	4:58	
24	Tue	12:33	5.7	12:47	5.8	6:55	0.1	7:20	0.0	7:09	4:59	
25	Wed	1:12	5.7	1:27	5.7	7:36	0.2	7:57	0.1	7:08	5:00	
26	Thu	1:52	5.6	2:08	5.4	8:18	0.3	8:34	0.3	7:07	5:01	
27	Fri	2:32	5.6	2:52	5.2	9:02	0.4	9:15	0.5	7:06	5:03	
28	Sat	3:14	5.5	3:38	5.0	9:49	0.5	9:59	0.7	7:06	5:04	
29	Sun	3:58	5.4	4:29	4.8	10:40	0.6	10:48	0.8	7:05	5:05	
30	Mon	4:48	5.3	5:24	4.6	11:35	0.7	11:43	0.9	7:04	5:06	
31	Tue	5:43	5.3	6:23	4.6			12:33	0.6	7:03	5:08	