

## Mount Sinai, NY - Mar 2004

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 6:55  | 5.2 | 7:32  | 4.9 | 12:53 | 1.0  | 1:39  | 0.7  | 6:25                                                                                | 5:43 |    |
| 2    | Tue | 7:51  | 5.4 | 8:24  | 5.1 | 1:49  | 0.9  | 2:31  | 0.6  | 6:23                                                                                | 5:44 |    |
| 3    | Wed | 8:41  | 5.7 | 9:10  | 5.4 | 2:41  | 0.6  | 3:19  | 0.3  | 6:22                                                                                | 5:45 |    |
| 4    | Thu | 9:26  | 5.9 | 9:51  | 5.7 | 3:29  | 0.4  | 4:02  | 0.1  | 6:20                                                                                | 5:46 |    |
| 5    | Fri | 10:08 | 6.1 | 10:31 | 6.0 | 4:13  | 0.1  | 4:42  | -0.1 | 6:18                                                                                | 5:48 |    |
| 6    | Sat | 10:48 | 6.3 | 11:10 | 6.2 | 4:55  | -0.2 | 5:21  | -0.3 | 6:17                                                                                | 5:49 |    |
| 7    | Sun | 11:28 | 6.4 | 11:49 | 6.4 | 5:37  | -0.4 | 5:59  | -0.4 | 6:15                                                                                | 5:50 |    |
| 8    | Mon |       |     | 12:10 | 6.4 | 6:20  | -0.5 | 6:39  | -0.4 | 6:14                                                                                | 5:51 |    |
| 9    | Tue | 12:30 | 6.6 | 12:54 | 6.3 | 7:04  | -0.6 | 7:20  | -0.3 | 6:12                                                                                | 5:52 |    |
| 10   | Wed | 1:13  | 6.7 | 1:41  | 6.1 | 7:51  | -0.5 | 8:05  | -0.2 | 6:10                                                                                | 5:53 |    |
| 11   | Thu | 2:00  | 6.6 | 2:32  | 5.9 | 8:42  | -0.3 | 8:55  | 0.0  | 6:09                                                                                | 5:54 |    |
| 12   | Fri | 2:52  | 6.5 | 3:27  | 5.6 | 9:39  | -0.1 | 9:52  | 0.3  | 6:07                                                                                | 5:55 |   |
| 13   | Sat | 3:50  | 6.3 | 4:30  | 5.4 | 10:42 | 0.1  | 10:57 | 0.5  | 6:05                                                                                | 5:56 |  |
| 14   | Sun | 4:55  | 6.0 | 5:38  | 5.2 | 11:50 | 0.3  |       |      | 6:04                                                                                | 5:58 |  |
| 15   | Mon | 6:06  | 5.9 | 6:48  | 5.3 | 12:07 | 0.6  | 12:58 | 0.3  | 6:02                                                                                | 5:59 |  |
| 16   | Tue | 7:17  | 6.0 | 7:55  | 5.5 | 1:17  | 0.5  | 2:03  | 0.2  | 6:01                                                                                | 6:00 |  |
| 17   | Wed | 8:21  | 6.1 | 8:53  | 5.8 | 2:22  | 0.3  | 3:02  | 0.0  | 5:59                                                                                | 6:01 |  |
| 18   | Thu | 9:17  | 6.3 | 9:44  | 6.1 | 3:21  | 0.0  | 3:53  | -0.1 | 5:57                                                                                | 6:02 |  |
| 19   | Fri | 10:06 | 6.4 | 10:30 | 6.4 | 4:13  | -0.2 | 4:40  | -0.3 | 5:56                                                                                | 6:03 |  |
| 20   | Sat | 10:52 | 6.4 | 11:12 | 6.5 | 5:01  | -0.3 | 5:22  | -0.3 | 5:54                                                                                | 6:04 |  |
| 21   | Sun | 11:34 | 6.3 | 11:52 | 6.5 | 5:45  | -0.4 | 6:01  | -0.2 | 5:52                                                                                | 6:05 |  |
| 22   | Mon |       |     | 12:16 | 6.2 | 6:27  | -0.3 | 6:39  | 0.0  | 5:51                                                                                | 6:06 |  |
| 23   | Tue | 12:31 | 6.4 | 12:58 | 6.0 | 7:08  | -0.2 | 7:17  | 0.2  | 5:49                                                                                | 6:07 |  |
| 24   | Wed | 1:10  | 6.3 | 1:40  | 5.8 | 7:49  | 0.0  | 7:56  | 0.5  | 5:47                                                                                | 6:08 |  |
| 25   | Thu | 1:50  | 6.1 | 2:23  | 5.5 | 8:31  | 0.2  | 8:38  | 0.8  | 5:46                                                                                | 6:09 |  |
| 26   | Fri | 2:33  | 5.8 | 3:10  | 5.3 | 9:16  | 0.5  | 9:24  | 1.0  | 5:44                                                                                | 6:10 |  |
| 27   | Sat | 3:19  | 5.6 | 4:00  | 5.1 | 10:05 | 0.7  | 10:16 | 1.2  | 5:42                                                                                | 6:12 |  |
| 28   | Sun | 4:11  | 5.4 | 4:54  | 5.0 | 10:59 | 0.9  | 11:13 | 1.3  | 5:41                                                                                | 6:13 |  |
| 29   | Mon | 5:09  | 5.3 | 5:52  | 5.0 | 11:57 | 1.0  |       |      | 5:39                                                                                | 6:14 |  |
| 30   | Tue | 6:11  | 5.3 | 6:49  | 5.1 | 12:13 | 1.2  | 12:54 | 0.9  | 5:37                                                                                | 6:15 |  |
| 31   | Wed | 7:10  | 5.4 | 7:43  | 5.4 | 1:11  | 1.0  | 1:48  | 0.8  | 5:36                                                                                | 6:16 |  |