

## Mount Sinai, NY - Mar 2008

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 5:52  | 5.2 | 6:31  | 4.8 |       |      | 12:38 | 0.8  | 6:25                                                                                | 5:43 |    |
| 2    | Sun | 6:53  | 5.3 | 7:28  | 4.9 | 12:52 | 1.0  | 1:34  | 0.7  | 6:23                                                                                | 5:44 |    |
| 3    | Mon | 7:49  | 5.5 | 8:19  | 5.2 | 1:48  | 0.8  | 2:27  | 0.5  | 6:22                                                                                | 5:45 |    |
| 4    | Tue | 8:39  | 5.8 | 9:05  | 5.5 | 2:40  | 0.5  | 3:14  | 0.2  | 6:20                                                                                | 5:46 |    |
| 5    | Wed | 9:24  | 6.1 | 9:47  | 5.9 | 3:29  | 0.2  | 3:57  | 0.0  | 6:18                                                                                | 5:48 |    |
| 6    | Thu | 10:07 | 6.3 | 10:28 | 6.2 | 4:14  | -0.1 | 4:39  | -0.3 | 6:17                                                                                | 5:49 |    |
| 7    | Fri | 10:49 | 6.5 | 11:09 | 6.5 | 4:58  | -0.4 | 5:19  | -0.4 | 6:15                                                                                | 5:50 |    |
| 8    | Sat | 11:32 | 6.5 | 11:51 | 6.8 | 5:43  | -0.6 | 6:00  | -0.5 | 6:14                                                                                | 5:51 |    |
| 9    | Sun |       |     | 1:17  | 6.5 | 7:28  | -0.7 | 7:42  | -0.5 | 7:12                                                                                | 6:52 |    |
| 10   | Mon | 1:35  | 6.9 | 2:04  | 6.3 | 8:15  | -0.7 | 8:27  | -0.4 | 7:10                                                                                | 6:53 |    |
| 11   | Tue | 2:22  | 6.8 | 2:55  | 6.1 | 9:05  | -0.5 | 9:16  | -0.2 | 7:09                                                                                | 6:54 |    |
| 12   | Wed | 3:13  | 6.7 | 3:49  | 5.8 | 10:00 | -0.3 | 10:11 | 0.1  | 7:07                                                                                | 6:55 |   |
| 13   | Thu | 4:09  | 6.4 | 4:48  | 5.5 | 11:01 | 0.0  | 11:14 | 0.4  | 7:05                                                                                | 6:57 |  |
| 14   | Fri | 5:12  | 6.1 | 5:54  | 5.3 |       |      | 12:07 | 0.3  | 7:04                                                                                | 6:58 |  |
| 15   | Sat | 6:21  | 5.9 | 7:04  | 5.3 | 12:22 | 0.5  | 1:16  | 0.4  | 7:02                                                                                | 6:59 |  |
| 16   | Sun | 7:34  | 5.8 | 8:13  | 5.4 | 1:33  | 0.6  | 2:22  | 0.3  | 7:00                                                                                | 7:00 |  |
| 17   | Mon | 8:42  | 5.9 | 9:14  | 5.7 | 2:41  | 0.4  | 3:23  | 0.2  | 6:59                                                                                | 7:01 |  |
| 18   | Tue | 9:41  | 6.1 | 10:08 | 6.0 | 3:42  | 0.2  | 4:17  | 0.0  | 6:57                                                                                | 7:02 |  |
| 19   | Wed | 10:32 | 6.2 | 10:54 | 6.3 | 4:37  | 0.0  | 5:04  | -0.1 | 6:55                                                                                | 7:03 |  |
| 20   | Thu | 11:17 | 6.2 | 11:36 | 6.4 | 5:25  | -0.2 | 5:46  | -0.1 | 6:54                                                                                | 7:04 |  |
| 21   | Fri | 11:59 | 6.2 |       |     | 6:09  | -0.3 | 6:25  | -0.1 | 6:52                                                                                | 7:05 |  |
| 22   | Sat | 12:15 | 6.5 | 12:39 | 6.1 | 6:49  | -0.3 | 7:02  | 0.1  | 6:50                                                                                | 7:06 |  |
| 23   | Sun | 12:53 | 6.5 | 1:18  | 6.0 | 7:28  | -0.2 | 7:39  | 0.2  | 6:49                                                                                | 7:07 |  |
| 24   | Mon | 1:30  | 6.3 | 1:58  | 5.8 | 8:07  | -0.1 | 8:16  | 0.4  | 6:47                                                                                | 7:08 |  |
| 25   | Tue | 2:08  | 6.2 | 2:39  | 5.6 | 8:46  | 0.1  | 8:54  | 0.7  | 6:45                                                                                | 7:09 |  |
| 26   | Wed | 2:48  | 6.0 | 3:21  | 5.4 | 9:26  | 0.3  | 9:36  | 0.9  | 6:44                                                                                | 7:11 |  |
| 27   | Thu | 3:30  | 5.8 | 4:06  | 5.2 | 10:11 | 0.5  | 10:22 | 1.0  | 6:42                                                                                | 7:12 |  |
| 28   | Fri | 4:17  | 5.5 | 4:56  | 5.1 | 11:00 | 0.7  | 11:15 | 1.2  | 6:40                                                                                | 7:13 |  |
| 29   | Sat | 5:10  | 5.4 | 5:50  | 5.0 | 11:55 | 0.9  |       |      | 6:39                                                                                | 7:14 |  |
| 30   | Sun | 6:08  | 5.3 | 6:47  | 5.0 | 12:13 | 1.2  | 12:52 | 0.9  | 6:37                                                                                | 7:15 |  |
| 31   | Mon | 7:09  | 5.4 | 7:44  | 5.2 | 1:13  | 1.1  | 1:49  | 0.9  | 6:35                                                                                | 7:16 |  |