

## Mount Sinai, NY - Aug 2010

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 3:55  | 5.7 | 4:13  | 6.2 | 10:13 | 0.9  | 10:54 | 0.9  | 5:48                                                                                | 8:08 |    |
| 2    | Mon | 4:41  | 5.5 | 4:58  | 6.1 | 10:58 | 1.0  | 11:45 | 1.0  | 5:49                                                                                | 8:07 |    |
| 3    | Tue | 5:32  | 5.4 | 5:49  | 6.1 | 11:49 | 1.1  |       |      | 5:50                                                                                | 8:06 |    |
| 4    | Wed | 6:29  | 5.3 | 6:46  | 6.2 | 12:42 | 1.0  | 12:45 | 1.2  | 5:51                                                                                | 8:05 |    |
| 5    | Thu | 7:29  | 5.4 | 7:46  | 6.3 | 1:41  | 0.9  | 1:46  | 1.1  | 5:52                                                                                | 8:04 |    |
| 6    | Fri | 8:29  | 5.5 | 8:46  | 6.6 | 2:40  | 0.7  | 2:46  | 0.9  | 5:53                                                                                | 8:02 |    |
| 7    | Sat | 9:26  | 5.9 | 9:43  | 6.9 | 3:37  | 0.4  | 3:45  | 0.6  | 5:54                                                                                | 8:01 |    |
| 8    | Sun | 10:19 | 6.2 | 10:37 | 7.1 | 4:31  | 0.1  | 4:42  | 0.2  | 5:55                                                                                | 8:00 |    |
| 9    | Mon | 11:10 | 6.6 | 11:29 | 7.3 | 5:22  | -0.2 | 5:36  | -0.1 | 5:56                                                                                | 7:59 |    |
| 10   | Tue |       |     | 12:01 | 7.0 | 6:11  | -0.5 | 6:29  | -0.3 | 5:57                                                                                | 7:57 |    |
| 11   | Wed | 12:20 | 7.4 | 12:51 | 7.3 | 6:59  | -0.6 | 7:22  | -0.4 | 5:58                                                                                | 7:56 |    |
| 12   | Thu | 1:12  | 7.3 | 1:41  | 7.4 | 7:47  | -0.6 | 8:15  | -0.4 | 5:59                                                                                | 7:55 |   |
| 13   | Fri | 2:04  | 7.1 | 2:32  | 7.4 | 8:36  | -0.4 | 9:10  | -0.3 | 6:00                                                                                | 7:53 |  |
| 14   | Sat | 2:57  | 6.8 | 3:25  | 7.3 | 9:27  | -0.2 | 10:06 | -0.1 | 6:01                                                                                | 7:52 |  |
| 15   | Sun | 3:53  | 6.4 | 4:20  | 7.1 | 10:21 | 0.1  | 11:05 | 0.2  | 6:02                                                                                | 7:51 |  |
| 16   | Mon | 4:51  | 6.1 | 5:18  | 6.8 | 11:18 | 0.5  |       |      | 6:03                                                                                | 7:49 |  |
| 17   | Tue | 5:52  | 5.8 | 6:19  | 6.5 | 12:07 | 0.5  | 12:19 | 0.8  | 6:04                                                                                | 7:48 |  |
| 18   | Wed | 6:57  | 5.6 | 7:22  | 6.3 | 1:09  | 0.6  | 1:21  | 0.9  | 6:05                                                                                | 7:46 |  |
| 19   | Thu | 8:01  | 5.6 | 8:24  | 6.3 | 2:11  | 0.7  | 2:23  | 1.0  | 6:06                                                                                | 7:45 |  |
| 20   | Fri | 9:00  | 5.7 | 9:20  | 6.3 | 3:09  | 0.7  | 3:21  | 0.9  | 6:07                                                                                | 7:43 |  |
| 21   | Sat | 9:51  | 5.9 | 10:09 | 6.4 | 4:00  | 0.6  | 4:13  | 0.8  | 6:08                                                                                | 7:42 |  |
| 22   | Sun | 10:37 | 6.1 | 10:52 | 6.4 | 4:46  | 0.5  | 4:59  | 0.7  | 6:09                                                                                | 7:40 |  |
| 23   | Mon | 11:17 | 6.2 | 11:32 | 6.4 | 5:26  | 0.4  | 5:41  | 0.6  | 6:10                                                                                | 7:39 |  |
| 24   | Tue | 11:54 | 6.3 |       |     | 6:03  | 0.4  | 6:20  | 0.5  | 6:11                                                                                | 7:37 |  |
| 25   | Wed | 12:09 | 6.4 | 12:30 | 6.4 | 6:38  | 0.4  | 6:58  | 0.5  | 6:12                                                                                | 7:36 |  |
| 26   | Thu | 12:46 | 6.3 | 1:05  | 6.5 | 7:12  | 0.4  | 7:35  | 0.5  | 6:13                                                                                | 7:34 |  |
| 27   | Fri | 1:23  | 6.2 | 1:40  | 6.5 | 7:46  | 0.5  | 8:12  | 0.5  | 6:14                                                                                | 7:33 |  |
| 28   | Sat | 2:01  | 6.1 | 2:16  | 6.4 | 8:20  | 0.7  | 8:51  | 0.6  | 6:15                                                                                | 7:31 |  |
| 29   | Sun | 2:40  | 5.9 | 2:53  | 6.4 | 8:57  | 0.8  | 9:32  | 0.7  | 6:16                                                                                | 7:30 |  |
| 30   | Mon | 3:22  | 5.8 | 3:34  | 6.3 | 9:37  | 0.9  | 10:18 | 0.8  | 6:17                                                                                | 7:28 |  |
| 31   | Tue | 4:08  | 5.6 | 4:20  | 6.2 | 10:22 | 1.1  | 11:10 | 0.9  | 6:18                                                                                | 7:26 |  |