

## Mount Sinai, NY - Jan 2023

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 6:52  | 6.1 | 7:22  | 5.3 | 12:48 | 0.2  | 1:36  | 0.1  | 7:16                                                                                | 4:34 |    |
| 2    | Mon | 7:46  | 6.1 | 8:17  | 5.3 | 1:42  | 0.3  | 2:31  | 0.0  | 7:16                                                                                | 4:35 |    |
| 3    | Tue | 8:36  | 6.2 | 9:07  | 5.3 | 2:34  | 0.3  | 3:21  | -0.1 | 7:16                                                                                | 4:36 |    |
| 4    | Wed | 9:22  | 6.1 | 9:52  | 5.4 | 3:22  | 0.4  | 4:07  | -0.1 | 7:16                                                                                | 4:37 |    |
| 5    | Thu | 10:04 | 6.1 | 10:34 | 5.4 | 4:07  | 0.3  | 4:48  | -0.1 | 7:16                                                                                | 4:38 |    |
| 6    | Fri | 10:44 | 6.1 | 11:14 | 5.5 | 4:50  | 0.3  | 5:27  | -0.1 | 7:16                                                                                | 4:39 |    |
| 7    | Sat | 11:23 | 6.0 | 11:53 | 5.4 | 5:30  | 0.3  | 6:05  | -0.1 | 7:16                                                                                | 4:40 |    |
| 8    | Sun |       |     | 12:02 | 5.9 | 6:09  | 0.3  | 6:42  | 0.0  | 7:16                                                                                | 4:41 |    |
| 9    | Mon | 12:32 | 5.4 | 12:41 | 5.8 | 6:48  | 0.4  | 7:19  | 0.1  | 7:16                                                                                | 4:42 |    |
| 10   | Tue | 1:11  | 5.4 | 1:20  | 5.7 | 7:27  | 0.4  | 7:56  | 0.1  | 7:16                                                                                | 4:43 |    |
| 11   | Wed | 1:50  | 5.4 | 2:00  | 5.6 | 8:09  | 0.5  | 8:34  | 0.2  | 7:16                                                                                | 4:44 |    |
| 12   | Thu | 2:30  | 5.4 | 2:43  | 5.4 | 8:53  | 0.5  | 9:14  | 0.3  | 7:15                                                                                | 4:45 |    |
| 13   | Fri | 3:12  | 5.5 | 3:29  | 5.2 | 9:41  | 0.5  | 9:58  | 0.4  | 7:15                                                                                | 4:46 |   |
| 14   | Sat | 3:57  | 5.5 | 4:20  | 5.1 | 10:33 | 0.5  | 10:47 | 0.5  | 7:15                                                                                | 4:47 |  |
| 15   | Sun | 4:47  | 5.6 | 5:16  | 5.0 | 11:30 | 0.5  | 11:40 | 0.5  | 7:14                                                                                | 4:48 |  |
| 16   | Mon | 5:41  | 5.7 | 6:17  | 4.9 |       |      | 12:30 | 0.3  | 7:14                                                                                | 4:49 |  |
| 17   | Tue | 6:39  | 5.9 | 7:18  | 5.0 | 12:38 | 0.5  | 1:31  | 0.1  | 7:13                                                                                | 4:50 |  |
| 18   | Wed | 7:38  | 6.2 | 8:17  | 5.3 | 1:37  | 0.4  | 2:30  | -0.1 | 7:13                                                                                | 4:51 |  |
| 19   | Thu | 8:36  | 6.5 | 9:14  | 5.5 | 2:36  | 0.1  | 3:27  | -0.4 | 7:12                                                                                | 4:53 |  |
| 20   | Fri | 9:32  | 6.8 | 10:07 | 5.8 | 3:34  | -0.1 | 4:21  | -0.7 | 7:12                                                                                | 4:54 |  |
| 21   | Sat | 10:26 | 7.0 | 11:00 | 6.0 | 4:29  | -0.4 | 5:14  | -0.9 | 7:11                                                                                | 4:55 |  |
| 22   | Sun | 11:20 | 7.0 | 11:52 | 6.2 | 5:24  | -0.6 | 6:04  | -1.0 | 7:10                                                                                | 4:56 |  |
| 23   | Mon |       |     | 12:13 | 7.0 | 6:18  | -0.7 | 6:55  | -1.0 | 7:10                                                                                | 4:57 |  |
| 24   | Tue | 12:45 | 6.3 | 1:06  | 6.8 | 7:13  | -0.7 | 7:45  | -0.9 | 7:09                                                                                | 4:59 |  |
| 25   | Wed | 1:38  | 6.4 | 2:00  | 6.4 | 8:08  | -0.5 | 8:35  | -0.7 | 7:08                                                                                | 5:00 |  |
| 26   | Thu | 2:31  | 6.3 | 2:54  | 6.1 | 9:05  | -0.3 | 9:27  | -0.4 | 7:07                                                                                | 5:01 |  |
| 27   | Fri | 3:25  | 6.2 | 3:50  | 5.7 | 10:04 | -0.1 | 10:21 | -0.1 | 7:07                                                                                | 5:02 |  |
| 28   | Sat | 4:20  | 6.1 | 4:49  | 5.3 | 11:05 | 0.1  | 11:16 | 0.2  | 7:06                                                                                | 5:03 |  |
| 29   | Sun | 5:18  | 5.9 | 5:51  | 5.1 |       |      | 12:06 | 0.2  | 7:05                                                                                | 5:05 |  |
| 30   | Mon | 6:17  | 5.8 | 6:53  | 5.0 | 12:14 | 0.4  | 1:06  | 0.3  | 7:04                                                                                | 5:06 |  |
| 31   | Tue | 7:16  | 5.7 | 7:51  | 5.0 | 1:12  | 0.6  | 2:03  | 0.3  | 7:03                                                                                | 5:07 |  |