US HARBORS www.USHarbors.com

Ponquoque Point, NY - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:07	2.9	1:31	2.1	7:44	0.3	7:34	0.2	6:24	5:40	
2	Mon	2:12	2.9	2:41	2.1	8:57	0.3	8:48	0.1	6:22	5:41	
3	Tue	3:22	3.0	3:53	2.2	10:06	0.2	10:00	0.0	6:21	5:42	
4	Wed	4:28	3.1	4:58	2.5	11:08	0.0	11:08	-0.2	6:19	5:44	
5	Thu	5:28	3.3	5:55	2.8			12:03	-0.2	6:17	5:45	
6	Fri	6:22	3.4	6:47	3.1	12:10	-0.4	12:53	-0.4	6:16	5:46	
7	Sat	7:12	3.4	7:36	3.3	1:07	-0.5	1:38	-0.6	6:14	5:47	
8	Sun	7:59	3.4	8:24	3.4	1:58	-0.6	2:21	-0.6	6:13	5:48	
9	Mon	8:46	3.2	9:10	3.5	2:47	-0.6	3:03	-0.5	6:11	5:49	
10	Tue	9:31	3.0	9:56	3.4	3:35	-0.5	3:43	-0.4	6:09	5:50	
11	Wed	10:17	2.8	10:42	3.2	4:22	-0.3	4:25	-0.2	6:08	5:51	
12	Thu	11:02	2.5	11:30	3.0	5:11	0.0	5:09	0.0	6:06	5:52	
13	Fri	11:50	2.3			6:05	0.2	5:58	0.3	6:05	5:54	
14	Sat	12:20	2.8	12:41	2.1	7:06	0.4	6:55	0.5	6:03	5:55	
15	Sun	1:15	2.6	1:39	2.0	8:13	0.6	8:01	0.6	6:01	5:56	
16	Mon	2:17	2.5	2:45	1.9	9:19	0.6	9:08	0.6	6:00	5:57	
17	Tue	3:23	2.5	3:54	2.0	10:19	0.6	10:09	0.6	5:58	5:58	
18	Wed	4:24	2.6	4:50	2.2	11:09	0.5	11:04	0.5	5:56	5:59	
19	Thu	5:13	2.7	5:35	2.4	11:50	0.4	11:52	0.3	5:55	6:00	
20	Fri	5:55	2.8	6:14	2.6			12:27	0.2	5:53	6:01	
21	Sat	6:33	2.8	6:52	2.8	12:35	0.2	1:00	0.1	5:51	6:02	
22	Sun	7:09	2.9	7:28	3.0	1:14	0.1	1:31	0.0	5:50	6:03	
23	Mon	7:46	2.9	8:05	3.1	1:51	0.0	2:01	0.0	5:48	6:04	
24	Tue	8:24	2.9	8:43	3.2	2:28	-0.1	2:32	0.0	5:46	6:05	
25	Wed	9:03	2.8	9:24	3.3	3:05	-0.1	3:04	0.0	5:45	6:06	
26	Thu	9:45	2.7	10:07	3.3	3:44	0.0	3:40	0.0	5:43	6:07	
27	Fri	10:29	2.6	10:55	3.2	4:28	0.1	4:20	0.1	5:41	6:09	
28	Sat	11:19	2.5	11:48	3.2	5:18	0.2	5:09	0.2	5:40	6:10	
29	Sun			12:14	2.4	6:19	0.3	6:10	0.3	5:38	6:11	
30	Mon	12:47	3.1	1:17	2.3	7:29	0.4	7:23	0.4	5:36	6:12	
31	Tue	1:53	3.0	2:28	2.4	8:40	0.3	8:41	0.3	5:35	6:13	