

Ponquoque Point, NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:08	3.3	7:31	2.5	12:57	-0.4	1:50	-0.4	7:14	4:32	
2	Fri	7:52	3.2	8:16	2.5	1:44	-0.4	2:32	-0.4	7:14	4:33	
3	Sat	8:35	3.1	9:01	2.5	2:29	-0.3	3:12	-0.4	7:14	4:34	
4	Sun	9:18	3.0	9:44	2.5	3:11	-0.2	3:50	-0.3	7:14	4:34	
5	Mon	10:00	2.9	10:28	2.5	3:53	-0.1	4:28	-0.2	7:14	4:35	
6	Tue	10:42	2.7	11:13	2.5	4:36	0.0	5:08	-0.1	7:14	4:36	
7	Wed	11:25	2.5	11:58	2.4	5:23	0.2	5:49	0.0	7:14	4:37	
8	Thu			12:11	2.3	6:15	0.3	6:34	0.1	7:14	4:38	
9	Fri	12:46	2.4	12:59	2.2	7:12	0.4	7:22	0.1	7:14	4:39	
10	Sat	1:37	2.4	1:52	2.0	8:12	0.4	8:13	0.2	7:14	4:40	
11	Sun	2:32	2.5	2:49	2.0	9:11	0.4	9:05	0.1	7:13	4:41	
12	Mon	3:28	2.6	3:47	2.0	10:08	0.3	9:57	0.1	7:13	4:42	
13	Tue	4:22	2.7	4:42	2.1	11:01	0.1	10:48	0.0	7:13	4:43	
14	Wed	5:12	2.9	5:33	2.2	11:51	0.0	11:39	-0.2	7:12	4:44	
15	Thu	6:00	3.1	6:22	2.4			12:37	-0.2	7:12	4:46	
16	Fri	6:46	3.2	7:09	2.6	12:29	-0.3	1:22	-0.4	7:12	4:47	
17	Sat	7:32	3.3	7:56	2.7	1:17	-0.4	2:04	-0.5	7:11	4:48	
18	Sun	8:18	3.4	8:44	2.9	2:05	-0.5	2:47	-0.7	7:11	4:49	
19	Mon	9:05	3.3	9:34	3.0	2:53	-0.6	3:30	-0.7	7:10	4:50	
20	Tue	9:54	3.2	10:25	3.0	3:43	-0.5	4:15	-0.7	7:10	4:51	
21	Wed	10:44	3.0	11:17	3.0	4:36	-0.4	5:03	-0.6	7:09	4:52	
22	Thu	11:36	2.8			5:33	-0.3	5:55	-0.5	7:08	4:54	
23	Fri	12:12	3.0	12:31	2.6	6:37	-0.1	6:52	-0.3	7:08	4:55	
24	Sat	1:10	2.9	1:30	2.4	7:46	0.0	7:54	-0.2	7:07	4:56	
25	Sun	2:12	2.9	2:34	2.2	8:55	0.0	8:57	-0.2	7:06	4:57	
26	Mon	3:17	2.9	3:42	2.1	10:02	0.0	9:59	-0.1	7:06	4:58	
27	Tue	4:21	2.9	4:45	2.2	11:04	-0.1	10:59	-0.2	7:05	5:00	
28	Wed	5:18	2.9	5:41	2.3			12:00	-0.1	7:04	5:01	
29	Thu	6:07	3.0	6:29	2.4			12:48	-0.2	7:03	5:02	
30	Fri	6:51	3.0	7:13	2.5	12:44	-0.2	1:31	-0.3	7:02	5:03	
31	Sat	7:32	3.0	7:54	2.5	1:30	-0.3	2:09	-0.3	7:01	5:05	