

Ponquoque Point, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:46	2.9	8:06	2.8	1:52	-0.1	2:14	-0.2	6:23	5:41	
2	Tue	8:23	2.9	8:43	2.9	2:28	-0.1	2:45	-0.2	6:21	5:42	
3	Wed	9:01	2.8	9:22	2.9	3:03	-0.1	3:16	-0.1	6:20	5:43	
4	Thu	9:39	2.7	10:01	2.9	3:39	0.0	3:48	0.0	6:18	5:44	
5	Fri	10:19	2.6	10:42	2.9	4:16	0.1	4:21	0.0	6:17	5:45	
6	Sat	11:00	2.5	11:26	2.8	4:56	0.2	4:58	0.2	6:15	5:46	
7	Sun	11:45	2.3			5:42	0.3	5:42	0.3	6:13	5:48	
8	Mon	12:14	2.7	12:34	2.2	6:36	0.4	6:35	0.3	6:12	5:49	
9	Tue	1:06	2.7	1:30	2.2	7:38	0.5	7:37	0.3	6:10	5:50	
10	Wed	2:06	2.7	2:33	2.2	8:42	0.4	8:43	0.3	6:09	5:51	
11	Thu	3:08	2.8	3:37	2.4	9:43	0.3	9:48	0.2	6:07	5:52	
12	Fri	4:09	3.0	4:37	2.6	10:40	0.1	10:50	0.0	6:05	5:53	
13	Sat	5:06	3.1	5:32	2.9	11:33	-0.1	11:49	-0.3	6:04	5:54	
14	Sun	5:58	3.3	6:23	3.2			12:23	-0.3	6:02	5:55	
15	Mon	6:48	3.4	7:13	3.5	12:44	-0.5	1:10	-0.5	6:00	5:56	
16	Tue	7:37	3.5	8:02	3.7	1:36	-0.6	1:56	-0.6	5:59	5:57	
17	Wed	8:26	3.4	8:52	3.7	2:27	-0.7	2:42	-0.7	5:57	5:58	
18	Thu	9:16	3.3	9:43	3.7	3:17	-0.6	3:29	-0.6	5:55	6:00	
19	Fri	10:07	3.1	10:34	3.6	4:08	-0.5	4:17	-0.4	5:54	6:01	
20	Sat	10:59	2.9	11:28	3.4	5:02	-0.3	5:09	-0.2	5:52	6:02	
21	Sun	11:53	2.7			6:02	0.0	6:08	0.0	5:50	6:03	
22	Mon	12:24	3.2	12:51	2.5	7:07	0.2	7:14	0.2	5:49	6:04	
23	Tue	1:24	2.9	1:55	2.4	8:15	0.3	8:23	0.3	5:47	6:05	
24	Wed	2:29	2.8	3:04	2.3	9:20	0.3	9:30	0.4	5:45	6:06	
25	Thu	3:36	2.7	4:10	2.4	10:18	0.3	10:30	0.4	5:44	6:07	
26	Fri	4:35	2.7	5:03	2.5	11:09	0.3	11:24	0.3	5:42	6:08	
27	Sat	5:23	2.8	5:46	2.7	11:53	0.2			5:40	6:09	
28	Sun	6:04	2.8	6:24	2.9	12:11	0.2	12:31	0.2	5:39	6:10	
29	Mon	6:42	2.8	7:00	3.0	12:52	0.1	1:06	0.1	5:37	6:11	
30	Tue	7:18	2.9	7:36	3.1	1:30	0.1	1:39	0.1	5:35	6:12	
31	Wed	7:55	2.9	8:13	3.2	2:05	0.0	2:11	0.1	5:34	6:13	