US HARBORS www.USHarbors.com

Ponquoque Point, NY - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:50	3.0	11:10	3.6	4:49	-0.1	4:50	0.1	5:22	8:25	
2	Wed	11:42	3.1			5:36	-0.1	5:44	0.1	5:22	8:25	
3	Thu	12:01	3.5	12:36	3.1	6:27	0.0	6:44	0.2	5:23	8:25	
4	Fri	12:54	3.3	1:31	3.2	7:21	0.0	7:50	0.3	5:23	8:24	
5	Sat	1:50	3.1	2:30	3.2	8:18	0.1	8:59	0.3	5:24	8:24	
6	Sun	2:49	3.0	3:31	3.3	9:17	0.1	10:06	0.3	5:25	8:24	
7	Mon	3:52	2.8	4:33	3.4	10:15	0.1	11:10	0.3	5:25	8:24	
8	Tue	4:55	2.8	5:32	3.5	11:12	0.1			5:26	8:23	
9	Wed	5:55	2.8	6:26	3.6	12:11	0.2	12:07	0.1	5:27	8:23	
10	Thu	6:49	2.8	7:16	3.6	1:07	0.1	1:01	0.1	5:27	8:22	
11	Fri	7:38	2.8	8:02	3.6	1:58	0.1	1:51	0.1	5:28	8:22	
12	Sat	8:25	2.9	8:47	3.6	2:45	0.0	2:38	0.1	5:29	8:22	
13	Sun	9:10	2.9	9:30	3.5	3:28	0.0	3:22	0.1	5:29	8:21	
14	Mon	9:55	2.9	10:12	3.4	4:08	0.1	4:04	0.2	5:30	8:20	
15	Tue	10:39	2.9	10:55	3.3	4:47	0.1	4:46	0.3	5:31	8:20	
16	Wed	11:23	2.8	11:38	3.1	5:25	0.2	5:29	0.4	5:32	8:19	
17	Thu			12:07	2.8	6:05	0.3	6:15	0.6	5:33	8:19	
18	Fri	12:21	3.0	12:53	2.8	6:46	0.4	7:06	0.7	5:33	8:18	
19	Sat	1:06	2.8	1:40	2.8	7:31	0.5	8:02	0.8	5:34	8:17	
20	Sun	1:54	2.6	2:30	2.8	8:18	0.6	9:01	0.8	5:35	8:17	
21	Mon	2:45	2.5	3:24	2.9	9:08	0.6	9:59	0.8	5:36	8:16	
22	Tue	3:41	2.5	4:19	3.0	9:58	0.6	10:55	0.7	5:37	8:15	
23	Wed	4:38	2.5	5:13	3.1	10:48	0.5	11:49	0.6	5:38	8:14	
24	Thu	5:33	2.6	6:04	3.3	11:39	0.4			5:39	8:13	
25	Fri	6:25	2.7	6:52	3.5	12:40	0.4	12:30	0.3	5:40	8:12	
26	Sat	7:14	2.8	7:39	3.7	1:28	0.2	1:21	0.1	5:41	8:11	
27	Sun	8:02	3.0	8:26	3.8	2:15	0.1	2:10	0.0	5:41	8:10	
28	Mon	8:50	3.1	9:13	3.8	2:59	-0.1	2:59	-0.1	5:42	8:10	
29	Tue	9:40	3.3	10:02	3.8	3:44	-0.2	3:49	-0.1	5:43	8:09	
30	Wed	10:30	3.4	10:52	3.7	4:28	-0.2	4:39	-0.1	5:44	8:07	
31	Thu	11:22	3.4	11:43	3.5	5:15	-0.2	5:33	0.0	5:45	8:06	