

Ponquoque Point, NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:36	2.8	11:06	3.3	4:36	-0.3	4:41	-0.4	6:23	5:40	
2	Fri	11:28	2.6			5:32	-0.2	5:33	-0.2	6:22	5:41	
3	Sat	12:01	3.2	12:24	2.4	6:36	0.1	6:33	0.0	6:20	5:43	
4	Sun	1:00	3.0	1:26	2.2	7:48	0.2	7:43	0.1	6:19	5:44	
5	Mon	2:07	2.9	2:37	2.1	9:01	0.3	8:56	0.2	6:17	5:45	
6	Tue	3:18	2.8	3:52	2.2	10:09	0.2	10:07	0.2	6:16	5:46	
7	Wed	4:27	2.9	4:57	2.3	11:09	0.1	11:10	0.1	6:14	5:47	
8	Thu	5:24	2.9	5:50	2.5			12:00	0.0	6:12	5:48	
9	Fri	6:11	2.9	6:34	2.7	12:05	0.0	12:44	-0.1	6:11	5:49	
10	Sat	6:52	3.0	7:13	2.8	12:53	-0.1	1:21	-0.1	6:09	5:50	
11	Sun	7:30	2.9	7:50	3.0	1:36	-0.1	1:55	-0.1	6:08	5:52	
12	Mon	8:07	2.9	8:26	3.0	2:14	-0.1	2:27	-0.1	6:06	5:53	
13	Tue	8:44	2.8	9:03	3.1	2:51	-0.1	2:58	-0.1	6:04	5:54	
14	Wed	9:21	2.7	9:41	3.0	3:27	0.0	3:29	0.0	6:03	5:55	
15	Thu	10:00	2.6	10:21	3.0	4:03	0.1	4:01	0.1	6:01	5:56	
16	Fri	10:40	2.4	11:03	2.9	4:42	0.2	4:35	0.2	5:59	5:57	
17	Sat	11:22	2.3	11:49	2.8	5:25	0.4	5:15	0.4	5:58	5:58	
18	Sun			12:09	2.1	6:17	0.5	6:03	0.5	5:56	5:59	
19	Mon	12:40	2.7	1:03	2.1	7:18	0.6	7:04	0.6	5:54	6:00	
20	Tue	1:38	2.6	2:05	2.0	8:24	0.6	8:13	0.6	5:53	6:01	
21	Wed	2:40	2.7	3:10	2.1	9:25	0.5	9:20	0.5	5:51	6:02	
22	Thu	3:43	2.8	4:12	2.4	10:20	0.4	10:23	0.3	5:49	6:03	
23	Fri	4:40	2.9	5:06	2.7	11:09	0.2	11:20	0.1	5:48	6:04	
24	Sat	5:31	3.1	5:55	3.0	11:55	0.0			5:46	6:06	
25	Sun	6:19	3.2	6:42	3.3	12:14	-0.1	12:38	-0.2	5:44	6:07	
26	Mon	7:05	3.3	7:28	3.6	1:05	-0.3	1:21	-0.4	5:43	6:08	
27	Tue	7:52	3.3	8:15	3.7	1:54	-0.5	2:04	-0.5	5:41	6:09	
28	Wed	8:39	3.2	9:04	3.8	2:42	-0.5	2:48	-0.5	5:39	6:10	
29	Thu	9:28	3.0	9:54	3.7	3:32	-0.4	3:33	-0.4	5:38	6:11	
30	Fri	10:19	2.9	10:47	3.6	4:23	-0.3	4:22	-0.2	5:36	6:12	
31	Sat	11:13	2.7	11:43	3.4	5:20	-0.1	5:17	0.0	5:34	6:13	