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# Ponquoque Point, NY - Mar 1991

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 7:56 | 3.2 | 8:19 | 3.1 | 1:57 | -0.4 | 2:20 | -0.5 | 6:24 | 5:40 | |
| 2 | Sat | 8:38 | 3.1 | 9:01 | 3.2 | 2:42 | -0.4 | 2:58 | -0.4 | 6:22 | 5:41 | |
| 3 | Sun | 9:20 | 2.9 | 9:43 | 3.1 | 3:24 | -0.3 | 3:35 | -0.3 | 6:21 | 5:42 | |
| 4 | Mon | 10:01 | 2.7 | 10:25 | 3.0 | 4:06 | -0.2 | 4:11 | -0.1 | 6:19 | 5:43 | |
| 5 | Tue | 10:42 | 2.5 | 11:08 | 2.9 | 4:49 | 0.0 | 4:49 | 0.0 | 6:18 | 5:45 | |
| 6 | Wed | 11:26 | 2.3 | 11:54 | 2.8 | 5:35 | 0.2 | 5:30 | 0.2 | 6:16 | 5:46 | |
| 7 | Thu | | | 12:12 | 2.1 | 6:28 | 0.4 | 6:19 | 0.4 | 6:14 | 5:47 | |
| 8 | Fri | 12:44 | 2.6 | 1:03 | 2.0 | 7:29 | 0.6 | 7:17 | 0.5 | 6:13 | 5:48 | |
| 9 | Sat | 1:39 | 2.5 | 2:03 | 1.9 | 8:33 | 0.6 | 8:22 | 0.6 | 6:11 | 5:49 | |
| 10 | Sun | 2:41 | 2.5 | 3:08 | 2.0 | 9:35 | 0.6 | 9:25 | 0.5 | 6:10 | 5:50 | |
| 11 | Mon | 3:43 | 2.5 | 4:10 | 2.1 | 10:30 | 0.5 | 10:24 | 0.4 | 6:08 | 5:51 | |
| 12 | Tue | 4:39 | 2.7 | 5:03 | 2.3 | 11:17 | 0.4 | 11:17 | 0.3 | 6:06 | 5:52 | |
| 13 | Wed | 5:26 | 2.8 | 5:48 | 2.6 | 11:58 | 0.2 | | | 6:05 | 5:53 | |
| 14 | Thu | 6:09 | 2.9 | 6:30 | 2.8 | 12:05 | 0.1 | 12:36 | 0.0 | 6:03 | 5:55 | |
| 15 | Fri | 6:51 | 3.0 | 7:11 | 3.1 | 12:50 | -0.1 | 1:12 | -0.1 | 6:01 | 5:56 | |
| 16 | Sat | 7:32 | 3.1 | 7:53 | 3.3 | 1:32 | -0.2 | 1:48 | -0.2 | 6:00 | 5:57 | |
| 17 | Sun | 8:13 | 3.1 | 8:36 | 3.4 | 2:15 | -0.3 | 2:25 | -0.3 | 5:58 | 5:58 | |
| 18 | Mon | 8:57 | 3.0 | 9:20 | 3.5 | 2:57 | -0.3 | 3:03 | -0.3 | 5:56 | 5:59 | |
| 19 | Tue | 9:43 | 2.9 | 10:08 | 3.5 | 3:42 | -0.3 | 3:44 | -0.3 | 5:55 | 6:00 | |
| 20 | Wed | 10:31 | 2.8 | 10:59 | 3.4 | 4:31 | -0.2 | 4:30 | -0.2 | 5:53 | 6:01 | |
| 21 | Thu | 11:23 | 2.6 | 11:54 | 3.3 | 5:25 | 0.0 | 5:23 | 0.0 | 5:51 | 6:02 | |
| 22 | Fri | | | 12:21 | 2.5 | 6:29 | 0.2 | 6:27 | 0.1 | 5:50 | 6:03 | |
| 23 | Sat | 12:55 | 3.1 | 1:25 | 2.4 | 7:40 | 0.3 | 7:40 | 0.2 | 5:48 | 6:04 | |
| 24 | Sun | 2:01 | 3.0 | 2:36 | 2.4 | 8:50 | 0.3 | 8:56 | 0.3 | 5:46 | 6:05 | |
| 25 | Mon | 3:11 | 3.0 | 3:47 | 2.5 | 9:55 | 0.2 | 10:06 | 0.2 | 5:45 | 6:06 | |
| 26 | Tue | 4:18 | 3.0 | 4:50 | 2.7 | 10:53 | 0.1 | 11:09 | 0.1 | 5:43 | 6:07 | |
| 27 | Wed | 5:15 | 3.0 | 5:43 | 3.0 | 11:44 | 0.0 | | | 5:42 | 6:08 | |
| 28 | Thu | 6:05 | 3.1 | 6:29 | 3.1 | 12:06 | -0.1 | 12:29 | -0.1 | 5:40 | 6:10 | |
| 29 | Fri | 6:49 | 3.1 | 7:11 | 3.3 | 12:55 | -0.1 | 1:11 | -0.2 | 5:38 | 6:11 | |
| 30 | Sat | 7:30 | 3.0 | 7:51 | 3.4 | 1:40 | -0.2 | 1:49 | -0.2 | 5:37 | 6:12 | |
| 31 | Sun | 8:10 | 2.9 | 8:30 | 3.4 | 2:21 | -0.2 | 2:25 | -0.1 | 5:35 | 6:13 | |