

Ponquoque Point, NY - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:05	2.5	3:31	1.9	9:58	0.5	9:40	0.5	6:22	5:41	
2	Tue	4:06	2.6	4:31	2.0	10:55	0.4	10:38	0.4	6:21	5:42	
3	Wed	5:00	2.7	5:23	2.2	11:43	0.3	11:32	0.2	6:19	5:43	
4	Thu	5:48	2.9	6:09	2.4			12:26	0.1	6:18	5:44	
5	Fri	6:31	3.0	6:52	2.6	12:20	0.0	1:04	0.0	6:16	5:46	
6	Sat	7:13	3.1	7:34	2.9	1:06	-0.1	1:41	-0.2	6:15	5:47	
7	Sun	7:55	3.2	8:17	3.1	1:49	-0.3	2:16	-0.3	6:13	5:48	
8	Mon	8:37	3.2	9:01	3.2	2:33	-0.3	2:53	-0.4	6:11	5:49	
9	Tue	9:21	3.1	9:46	3.3	3:17	-0.4	3:31	-0.4	6:10	5:50	
10	Wed	10:08	2.9	10:34	3.4	4:04	-0.3	4:11	-0.3	6:08	5:51	
11	Thu	10:56	2.7	11:25	3.3	4:54	-0.2	4:57	-0.2	6:07	5:52	
12	Fri	11:48	2.5			5:52	0.0	5:50	0.0	6:05	5:53	
13	Sat	12:21	3.2	12:46	2.3	6:59	0.2	6:54	0.1	6:03	5:54	
14	Sun	1:22	3.1	1:52	2.2	8:12	0.3	8:06	0.2	6:02	5:55	
15	Mon	2:31	3.0	3:05	2.2	9:24	0.3	9:20	0.2	6:00	5:57	
16	Tue	3:43	3.0	4:18	2.3	10:31	0.2	10:30	0.2	5:58	5:58	
17	Wed	4:49	3.0	5:19	2.5	11:29	0.1	11:33	0.1	5:57	5:59	
18	Thu	5:44	3.1	6:10	2.7			12:19	0.0	5:55	6:00	
19	Fri	6:32	3.1	6:55	2.9	12:28	-0.1	1:03	-0.1	5:53	6:01	
20	Sat	7:14	3.1	7:36	3.1	1:16	-0.1	1:41	-0.2	5:52	6:02	
21	Sun	7:54	3.1	8:14	3.1	1:59	-0.2	2:17	-0.2	5:50	6:03	
22	Mon	8:33	3.0	8:53	3.2	2:40	-0.2	2:50	-0.1	5:48	6:04	
23	Tue	9:11	2.8	9:31	3.2	3:18	-0.1	3:22	0.0	5:47	6:05	
24	Wed	9:50	2.7	10:11	3.1	3:56	0.0	3:55	0.1	5:45	6:06	
25	Thu	10:31	2.5	10:52	3.0	4:35	0.2	4:29	0.3	5:43	6:07	
26	Fri	11:13	2.4	11:36	2.9	5:18	0.3	5:08	0.4	5:42	6:08	
27	Sat	11:58	2.2			6:07	0.5	5:53	0.6	5:40	6:09	
28	Sun	12:25	2.7	12:50	2.1	7:06	0.6	6:50	0.7	5:38	6:10	
29	Mon	1:20	2.6	1:48	2.0	8:11	0.7	7:57	0.7	5:37	6:11	
30	Tue	2:22	2.6	2:53	2.1	9:14	0.7	9:04	0.7	5:35	6:13	
31	Wed	3:25	2.7	3:56	2.2	10:09	0.6	10:06	0.5	5:33	6:14	