

































## Ponquoque Point, NY - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:21	3.0	5:47	2.6	11:57	-0.1			6:23	5:41	
2	Sat	6:10	3.0	6:33	2.7	12:04	-0.1	12:43	-0.2	6:21	5:42	
3	Sun	6:54	3.0	7:15	2.9	12:54	-0.2	1:24	-0.2	6:20	5:43	
4	Mon	7:34	3.0	7:55	3.0	1:39	-0.2	2:01	-0.3	6:18	5:44	
5	Tue	8:13	3.0	8:33	3.0	2:19	-0.2	2:35	-0.2	6:17	5:45	
6	Wed	8:51	2.9	9:12	3.0	2:57	-0.2	3:08	-0.2	6:15	5:46	
7	Thu	9:30	2.7	9:52	3.0	3:35	-0.1	3:41	-0.1	6:14	5:47	
8	Fri	10:09	2.6	10:33	2.9	4:13	0.0	4:15	0.0	6:12	5:48	
9	Sat	10:51	2.5	11:16	2.8	4:53	0.2	4:52	0.2	6:10	5:50	
10	Sun			12:34	2.3	6:38	0.3	6:34	0.3	7:09	6:51	
11	Mon	1:02	2.7	1:22	2.2	7:31	0.5	7:24	0.4	7:07	6:52	
12	Tue	1:53	2.6	2:16	2.1	8:31	0.6	8:24	0.5	7:05	6:53	
13	Wed	2:50	2.6	3:16	2.1	9:34	0.6	9:29	0.5	7:04	6:54	
14	Thu	3:51	2.6	4:19	2.2	10:34	0.5	10:32	0.4	7:02	6:55	
15	Fri	4:51	2.7	5:19	2.4	11:27	0.4	11:31	0.2	7:00	6:56	
16	Sat	5:46	2.9	6:12	2.6			12:15	0.2	6:59	6:57	
17	Sun	6:36	3.0	7:00	2.9	12:27	0.1	1:01	0.0	6:57	6:58	
18	Mon	7:23	3.2	7:46	3.2	1:18	-0.2	1:44	-0.2	6:56	6:59	
19	Tue	8:09	3.2	8:32	3.5	2:08	-0.3	2:26	-0.4	6:54	7:00	
20	Wed	8:55	3.3	9:18	3.6	2:55	-0.5	3:09	-0.5	6:52	7:02	
21	Thu	9:42	3.2	10:07	3.7	3:43	-0.5	3:52	-0.5	6:51	7:03	
22	Fri	10:30	3.1	10:57	3.7	4:31	-0.5	4:37	-0.4	6:49	7:04	
23	Sat	11:21	2.9	11:49	3.5	5:22	-0.3	5:26	-0.3	6:47	7:05	
24	Sun			12:15	2.8	6:18	-0.1	6:20	-0.1	6:46	7:06	
25	Mon	12:45	3.4	1:12	2.6	7:21	0.1	7:24	0.1	6:44	7:07	
26	Tue	1:44	3.2	2:14	2.5	8:29	0.2	8:35	0.3	6:42	7:08	
27	Wed	2:48	3.0	3:23	2.4	9:39	0.3	9:48	0.3	6:41	7:09	
28	Thu	3:57	2.9	4:34	2.5	10:43	0.3	10:56	0.3	6:39	7:10	
29	Fri	5:04	2.8	5:37	2.6	11:40	0.2	11:57	0.2	6:37	7:11	
30	Sat	6:01	2.9	6:28	2.8			12:29	0.1	6:36	7:12	
31	Sun	6:48	2.9	7:11	3.0	12:51	0.1	1:13	0.1	6:34	7:13	