

Sheepshead Bay, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:58	5.2	8:18	5.2	1:50	-0.1	2:09	-0.3	6:28	5:47	
2	Tue	8:36	5.1	8:54	5.2	2:29	-0.1	2:45	-0.2	6:27	5:48	
3	Wed	9:13	4.9	9:28	5.1	3:07	0.0	3:20	-0.1	6:25	5:49	
4	Thu	9:49	4.7	10:01	5.0	3:43	0.1	3:54	0.1	6:24	5:50	
5	Fri	10:25	4.5	10:36	4.9	4:19	0.2	4:28	0.3	6:22	5:51	
6	Sat	11:05	4.3	11:14	4.7	4:56	0.4	5:03	0.5	6:21	5:52	
7	Sun	11:49	4.1	11:59	4.7	5:37	0.6	5:44	0.7	6:19	5:53	
8	Mon			12:41	4.0	6:28	0.8	6:36	0.9	6:17	5:55	
9	Tue	12:52	4.6	1:39	3.9	7:34	0.8	7:43	0.9	6:16	5:56	
10	Wed	1:52	4.7	2:42	4.0	8:44	0.7	8:54	0.8	6:14	5:57	
11	Thu	2:56	4.8	3:46	4.3	9:48	0.5	9:58	0.5	6:13	5:58	
12	Fri	4:02	5.0	4:47	4.7	10:44	0.1	10:57	0.1	6:11	5:59	
13	Sat	5:03	5.3	5:42	5.2	11:36	-0.2	11:52	-0.3	6:09	6:00	
14	Sun	6:00	5.6	6:34	5.7			12:25	-0.5	6:08	6:01	
15	Mon	6:53	5.9	7:23	6.1	12:45	-0.6	1:13	-0.8	6:06	6:02	
16	Tue	7:43	6.0	8:11	6.3	1:38	-0.9	2:01	-0.9	6:04	6:03	
17	Wed	8:32	5.9	8:59	6.4	2:29	-1.0	2:48	-0.9	6:03	6:04	
18	Thu	9:21	5.8	9:48	6.3	3:19	-1.0	3:35	-0.8	6:01	6:05	
19	Fri	10:13	5.5	10:40	6.1	4:08	-0.8	4:23	-0.6	6:00	6:06	
20	Sat	11:07	5.2	11:35	5.7	4:59	-0.5	5:13	-0.2	5:58	6:07	
21	Sun			12:04	4.9	5:54	-0.1	6:09	0.2	5:56	6:08	
22	Mon	12:31	5.4	1:03	4.7	6:54	0.2	7:12	0.5	5:55	6:10	
23	Tue	1:30	5.1	2:04	4.5	8:00	0.4	8:20	0.7	5:53	6:11	
24	Wed	2:30	4.9	3:05	4.5	9:05	0.4	9:26	0.7	5:51	6:12	
25	Thu	3:30	4.8	4:04	4.6	10:02	0.4	10:24	0.6	5:50	6:13	
26	Fri	4:27	4.9	4:59	4.8	10:52	0.2	11:14	0.5	5:48	6:14	
27	Sat	5:20	4.9	5:48	5.0	11:36	0.1			5:46	6:15	
28	Sun	6:08	5.0	6:31	5.2	12:00	0.3	12:18	0.0	5:45	6:16	
29	Mon	6:51	5.1	7:10	5.4	12:43	0.2	12:57	0.0	5:43	6:17	
30	Tue	7:31	5.1	7:47	5.5	1:25	0.1	1:35	0.0	5:41	6:18	
31	Wed	8:09	5.0	8:21	5.4	2:04	0.1	2:12	0.0	5:40	6:19	