

Sheepshead Bay, NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:12	4.9	3:34	4.9	9:35	0.7	9:59	0.3	6:26	4:52	
2	Tue	4:05	5.0	4:27	4.9	10:26	0.6	10:43	0.2	6:27	4:51	
3	Wed	4:53	5.2	5:15	5.0	11:12	0.4	11:24	0.1	6:28	4:50	
4	Thu	5:38	5.3	6:00	5.0	11:55	0.3			6:29	4:48	
5	Fri	6:19	5.5	6:42	5.0	12:04	0.1	12:36	0.2	6:30	4:47	
6	Sat	6:57	5.5	7:22	5.0	12:43	0.1	1:16	0.2	6:32	4:46	
7	Sun	7:34	5.5	8:01	4.9	1:22	0.2	1:56	0.2	6:33	4:45	
8	Mon	8:09	5.4	8:38	4.7	2:01	0.3	2:36	0.3	6:34	4:44	
9	Tue	8:43	5.3	9:16	4.5	2:39	0.4	3:15	0.3	6:35	4:43	
10	Wed	9:18	5.2	9:56	4.4	3:16	0.5	3:54	0.4	6:36	4:42	
11	Thu	9:57	5.1	10:41	4.3	3:54	0.7	4:35	0.5	6:38	4:41	
12	Fri	10:42	5.0	11:32	4.2	4:35	0.8	5:20	0.6	6:39	4:40	
13	Sat	11:35	4.9			5:22	0.9	6:12	0.7	6:40	4:39	
14	Sun	12:27	4.3	12:34	4.9	6:21	0.9	7:12	0.6	6:41	4:39	
15	Mon	1:24	4.5	1:35	4.9	7:31	0.8	8:14	0.5	6:42	4:38	
16	Tue	2:22	4.8	2:36	5.0	8:39	0.6	9:12	0.2	6:43	4:37	
17	Wed	3:19	5.2	3:38	5.1	9:42	0.2	10:07	-0.1	6:45	4:36	
18	Thu	4:16	5.6	4:38	5.2	10:40	-0.2	10:58	-0.4	6:46	4:35	
19	Fri	5:12	6.0	5:36	5.4	11:35	-0.5	11:50	-0.6	6:47	4:35	
20	Sat	6:06	6.3	6:31	5.5			12:28	-0.7	6:48	4:34	
21	Sun	6:58	6.5	7:23	5.6	12:41	-0.7	1:22	-0.8	6:49	4:33	
22	Mon	7:49	6.5	8:15	5.5	1:33	-0.8	2:14	-0.8	6:50	4:33	
23	Tue	8:41	6.4	9:08	5.4	2:25	-0.7	3:06	-0.7	6:51	4:32	
24	Wed	9:32	6.1	10:02	5.2	3:17	-0.5	3:57	-0.6	6:52	4:32	
25	Thu	10:26	5.8	10:57	5.0	4:09	-0.2	4:48	-0.3	6:54	4:31	
26	Fri	11:20	5.4	11:54	4.8	5:02	0.1	5:40	-0.1	6:55	4:31	
27	Sat			12:15	5.1	5:57	0.4	6:35	0.1	6:56	4:30	
28	Sun	12:49	4.7	1:10	4.8	6:58	0.7	7:31	0.3	6:57	4:30	
29	Mon	1:44	4.7	2:04	4.6	8:01	0.8	8:26	0.4	6:58	4:30	
30	Tue	2:36	4.7	2:58	4.5	9:01	0.7	9:17	0.3	6:59	4:29	