

































Sheepshead Bay, NY - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:04	5.2	4:38	4.5	10:40	0.0	10:53	0.1	6:28	5:47	
2	Fri	5:07	5.3	5:39	4.8	11:36	-0.2	11:49	-0.1	6:26	5:48	
3	Sat	6:04	5.5	6:33	5.0			12:28	-0.4	6:25	5:49	
4	Sun	6:55	5.7	7:21	5.3	12:42	-0.2	1:15	-0.6	6:23	5:50	
5	Mon	7:41	5.7	8:06	5.4	1:31	-0.3	1:59	-0.6	6:21	5:52	
6	Tue	8:24	5.6	8:47	5.5	2:16	-0.3	2:40	-0.6	6:20	5:53	
7	Wed	9:06	5.4	9:27	5.4	2:59	-0.3	3:18	-0.4	6:18	5:54	
8	Thu	9:47	5.1	10:06	5.3	3:40	-0.1	3:54	-0.2	6:17	5:55	
9	Fri	10:29	4.8	10:44	5.1	4:19	0.0	4:30	0.1	6:15	5:56	
10	Sat	11:11	4.5	11:24	4.9	4:59	0.3	5:07	0.4	6:14	5:57	
11	Sun			12:56	4.2	6:40	0.6	6:47	0.7	7:12	6:58	
12	Mon	1:07	4.7	1:44	4.0	7:28	0.8	7:35	0.9	7:10	6:59	
13	Tue	1:54	4.5	2:37	3.8	8:27	1.0	8:35	1.1	7:09	7:00	
14	Wed	2:47	4.4	3:35	3.8	9:33	1.0	9:41	1.1	7:07	7:01	
15	Thu	3:45	4.4	4:36	3.9	10:36	0.9	10:43	1.0	7:05	7:02	
16	Fri	4:46	4.5	5:35	4.1	11:32	0.7	11:38	0.8	7:04	7:03	
17	Sat	5:44	4.8	6:28	4.4			12:22	0.4	7:02	7:05	
18	Sun	6:37	5.1	7:16	4.8	12:29	0.5	1:09	0.1	7:00	7:06	
19	Mon	7:26	5.3	8:00	5.2	1:18	0.2	1:52	-0.2	6:59	7:07	
20	Tue	8:11	5.6	8:42	5.5	2:06	-0.1	2:35	-0.4	6:57	7:08	
21	Wed	8:55	5.7	9:23	5.8	2:53	-0.4	3:16	-0.5	6:56	7:09	
22	Thu	9:40	5.6	10:06	6.0	3:39	-0.6	3:58	-0.5	6:54	7:10	
23	Fri	10:26	5.5	10:51	6.0	4:25	-0.6	4:40	-0.4	6:52	7:11	
24	Sat	11:15	5.3	11:41	5.9	5:12	-0.5	5:24	-0.2	6:51	7:12	
25	Sun			12:08	5.0	6:02	-0.3	6:12	0.0	6:49	7:13	
26	Mon	12:35	5.7	1:06	4.7	6:58	0.0	7:08	0.3	6:47	7:14	
27	Tue	1:34	5.5	2:08	4.5	8:02	0.3	8:16	0.6	6:46	7:15	
28	Wed	2:37	5.3	3:13	4.5	9:12	0.4	9:30	0.7	6:44	7:16	
29	Thu	3:42	5.1	4:19	4.5	10:21	0.4	10:39	0.6	6:42	7:17	
30	Fri	4:46	5.1	5:23	4.7	11:22	0.2	11:41	0.4	6:41	7:18	
31	Sat	5:48	5.2	6:21	5.0			12:15	0.0	6:39	7:19	