

The Battery						
DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1 Sat			3:10 0.0	9:14 5.4	3:30 0.2	9:26 5.0
2 Sun			3:48 0.1	9:51 5.3	4:11 0.2	10:04 4.9
3 Mon			4:24 0.3	10:27 5.2	4:50 0.4	10:43 4.6
4 Tue			4:57 0.5	11:04 5.0	5:28 0.6	11:25 4.4
5 Wed	A		5:28 0.8	11:42 4.8	6:07 0.8	No PM High
6 Thu			5:55 1.0	12:09 4.1	6:49 1.0	12:22 4.7
7 Fri			6:24 1.2	12:55 4.0	7:44 1.2	1:04 4.6
8 Sat	OS		7:09 1.4	1:43 3.9	8:51 1.2	1:50 4.5
9 Sun			8:47 1.5	2:33 3.9	9:53 1.1	2:42 4.5
10 Mon			10:02 1.3	3:27 4.0	10:47 0.8	3:40 4.6
11 Tue			11:07 1.0	4:27 4.2	11:36 0.5	4:43 4.8
12 Wed			11:54 0.6	5:25 4.5	No PM Low	5:43 5.0
13 Thu			12:23 0.1	6:19 5.0	12:46 0.2	6:37 5.3
14 Fri	E		1:10 -0.3	7:07 5.4	1:37 -0.2	7:27 5.6
15 Sat	OP		1:57 -0.5	7:53 5.8	2:29 -0.5	8:16 5.7
16 Sun	P		2:45 -0.7	8:38 6.1	3:20 -0.7	9:04 5.7
17 Mon			3:33 -0.8	9:26 6.2	4:11 -0.7	9:57 5.5
18 Tue			4:21 -0.7	10:17 6.1	5:03 -0.6	10:54 5.3
19 Wed			5:10 -0.5	11:15 5.9	5:56 -0.4	11:56 5.1
20 Thu	N		6:02 -0.2	No AM High	6:54 -0.1	12:16 5.7
21 Fri	O		7:01 0.2	1:00 4.8	7:57 0.2	1:19 5.4
22 Sat			8:07 0.5	2:02 4.7	9:03 0.3	2:21 5.1
23 Sun			9:16 0.7	3:03 4.6	10:05 0.3	3:22 4.9
24 Mon			10:20 0.7	4:04 4.6	11:00 0.2	4:23 4.8
25 Tue			11:16 0.6	5:04 4.7	11:49 0.1	5:23 4.7
26 Wed			No AM Low	5:59 4.8	12:07 0.5	6:17 4.8
27 Thu	E		12:35 0.1	6:48 5.0	12:55 0.3	7:03 4.8
28 Fri			1:17 0.0	7:30 5.2	1:40 0.2	7:45 4.8
29 Sat			1:58 0.0	8:09 5.3	2:24 0.1	8:24 4.8
30 Sun			2:38 0.1	8:45 5.3	3:06 0.1	9:01 4.7
31 Mon	A		3:16 0.2	9:20 5.3	3:46 0.1	9:38 4.6

TIDES October

Spuyten Duyvil						
DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1 Sat			3:58 0.0	10:06 4.5	4:18 0.2	10:18 4.2
2 Sun			4:36 0.1	10:43 4.5	4:59 0.2	10:56 4.1
3 Mon			5:12 0.3	11:19 4.4	5:38 0.3	11:35 3.9
4 Tue	A		5:45 0.4	11:56 4.2	6:16 0.5	No PM High
5 Wed			6:16 0.7	12:17 3.7	6:55 0.7	12:34 4.0
6 Thu			6:43 0.8	1:01 3.4	7:37 0.8	1:14 3.9
7 Fri			7:12 1.0	1:47 3.4	8:32 1.0	1:56 3.9
8 Sat	OS		7:57 1.2	2:35 3.3	9:39 1.0	2:42 3.8
9 Sun			9:35 1.3	3:25 3.3	10:41 0.9	3:34 3.8
10 Mon			10:50 1.1	4:19 3.4	11:35 0.7	4:32 3.9
11 Tue			11:49 0.8	5:19 3.5	No PM Low	5:35 4.0
12 Wed			12:24 0.4	6:17 3.8	12:42 0.5	6:35 4.2
13 Thu			1:11 0.1	7:11 4.2	1:34 0.2	7:29 4.5
14 Fri	E		1:58 -0.3	7:59 4.5	2:25 -0.2	8:19 4.7
15 Sat	OP		2:45 -0.4	8:45 4.9	3:17 -0.4	9:08 4.8
16 Sun	P		3:33 -0.6	9:30 5.1	4:08 -0.6	9:56 4.8
17 Mon			4:21 -0.7	10:18 5.2	4:59 -0.6	10:49 4.6
18 Tue			5:09 -0.6	11:09 5.1	5:51 -0.5	11:46 4.5
19 Wed			5:58 -0.4	No AM High	6:44 -0.3	12:07 5.0
20 Thu	N		6:50 -0.2	12:48 4.3	7:42 -0.1	1:08 4.8
21 Fri	O		7:49 0.2	1:52 4.0	8:45 0.2	2:11 4.5
22 Sat			8:55 0.4	2:54 3.9	9:51 0.3	3:13 4.3
23 Sun			10:04 0.6	3:55 3.9	10:53 0.3	4:14 4.1
24 Mon			11:08 0.6	4:56 3.9	11:48 0.2	5:15 4.0
25 Tue			No AM Low	5:56 3.9	12:04 0.5	6:15 3.9
26 Wed			12:37 0.1	6:51 4.0	12:55 0.4	7:09 4.0
27 Thu	E		1:23 0.1	7:40 4.2	1:43 0.3	7:55 4.0
28 Fri			2:05 0.0	8:22 4.4	2:28 0.2	8:37 4.0
29 Sat			2:46 0.0	9:01 4.5	3:12 0.1	9:16 4.0
30 Sun			3:26 0.1	9:37 4.5	3:54 0.1	9:53 3.9
31 Mon	A		4:04 0.2	10:12 4.5	4:34 0.1	10:30 3.9

Peekskill						
DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1 Sat			6:13 0.0	11:42 3.5	6:33 0.1	11:54 3.2
2 Sun			6:51 0.1	No AM High	7:14 0.1	12:19 3.4
3 Mon			7:27 0.2	12:32 3.1	7:53 0.3	12:55 3.3
4 Tue	A		8:00 0.3	1:11 2.9	8:31 0.4	1:32 3.2
5 Wed			8:31 0.5	1:53 2.8	9:10 0.5	2:10 3.1
6 Thu			8:58 0.6	2:37 2.6	9:52 0.6	2:50 3.0
7 Fri			9:27 0.8	3:23 2.6	10:47 0.8	3:32 2.9
8 Sat	OS		10:12 0.9	4:11 2.5	11:54 0.8	4:18 2.9
9 Sun			11:50 1.0	5:01 2.5	No PM Low	5:10 2.9
10 Mon			12:56 0.7	5:55 2.6	1:05 0.8	6:08 2.9
11 Tue			1:50 0.5	6:55 2.7	2:04 0.6	7:11 3.1
12 Wed			2:39 0.3	7:53 2.9	2:57 0.4	8:11 3.2
13 Thu			3:26 0.1	8:47 3.2	3:49 0.1	9:05 3.4
14 Fri	E		4:13 -0.2	9:35 3.5	4:40 -0.1	9:55 3.6
15 Sat	OP		5:00 -0.3	10:21 3.7	5:32 -0.3	10:44 3.6
16 Sun	P		5:48 -0.4	11:06 3.9	6:23 -0.4	11:32 3.6
17 Mon			6:36 -0.5	11:54 4.0	7:14 -0.4	No PM High
18 Tue			7:24 -0.4	12:25 3.5	8:06 -0.4	12:45 3.9
19 Wed			8:13 -0.3	1:22 3.4	8:59 -0.3	1:43 3.8
20 Thu	N		9:05 -0.1	2:24 3.3	9:57 -0.1	2:44 3.6
21 Fri	O		10:04 0.1	3:28 3.1	11:00 0.1	3:47 3.5
22 Sat			11:10 0.3	4:30 3.0	No PM Low	4:49 3.3
23 Sun			12:06 0.2	5:31 2.9	12:19 0.4	5:50 3.1
24 Mon			1:08 0.2	6:32 2.9	1:23 0.4	6:51 3.1
25 Tue			2:03 0.1	7:32 3.0	2:19 0.4	7:51 3.0
26 Wed			2:52 0.1	8:27 3.1	3:10 0.3	8:45 3.1
27 Thu	E		3:38 0.1	9:16 3.2	3:58 0.2	9:31 3.1
28 Fri			4:20 0.0	9:58 3.3	4:43 0.1	10:13 3.1
29 Sat			5:07 0.0	10:37 3.4	5:27 0.1	10:52 3.1
30 Sun			5:41 0.1	11:13 3.4	6:09 0.1	11:29 3.0
31 Mon	A		6:19 0.1	11:48 3.4	6:49 0.1	No PM High

TIDES October

Newburgh						
DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1 Sat			7:13 0.0	12:35 3.2	7:33 0.1	1:00 3.3
2 Sun			7:51 0.1	1:12 3.1	8:14 0.1	1:37 3.3
3 Mon			8:27 0.2	1:50 3.0	8:53 0.3	2:13 3.2
4 Tue	A		9:00 0.3	2:29 2.9	9:31 0.4	2:50 3.1
5 Wed			9:31 0.5	3:11 2.7	10:10 0.5	3:28 3.0
6 Thu			9:58 0.6	3:55 2.5	10:52 0.6	4:08 2.9
7 Fri			10:27 0.8	4:41 2.5	11:47 0.8	4:50 2.9
8 Sat	OS		11:12 0.9	5:29 2.4	No PM Low	5:36 2.8
9 Sun			12:54 0.8	6:19 2.4	12:50 1.0	6:28 2.8
10 Mon			1:56 0.7	7:13 2.5	2:05 0.8	7:26 2.9
11 Tue			2:50 0.5	8:13 2.6	3:04 0.6	8:29 3.0
12 Wed			3:39 0.3	9:11 2.8	3:57 0.4	9:29 3.1
13 Thu			4:26 0.1	10:05 3.1	4:49 0.1	10:23 3.3
14 Fri	E		5:13 -0.2	10:53 3.3	5:40 -0.1	11:13 3.5
15 Sat	OP		6:00 -0.3	11:39 3.6	6:32 -0.3	No PM High
16 Sun	P		6:48 -0.4	12:02 3.5	7:23 -0.4	12:24 3.8
17 Mon			7:36 -0.5	12:50 3.5	8:14 -0.4	1:12 3.8
18 Tue			8:24 -0.4	1:43 3.4	9:06 -0.4	2:03 3.8
19 Wed			9:13 -0.3	2:40 3.3	9:59 -0.3	3:01 3.7
20 Thu	N		10:05 -0.1	3:42 3.2	10:57 -0.1	4:02 3.5
21 Fri	O		11:04 0.1	4:46 3.0	No PM Low	5:05 3.3
22 Sat			Mid N	5:48 2.9	12:10 0.3	6:07 3.2
23 Sun			1:06 0.2	6:49 2.9	1:19 0.4	7:08 3.0
24 Mon			2:08 0.2	7:50 2.9	2:23 0.4	8:09 3.0
25 Tue			3:03 0.1	8:50 2.9	3:19 0.4	9:09 2.9
26 Wed			3:52 0.1	9:45 3.0	4:10 0.3	10:03 3.0
27 Thu	E		4:38 0.1	10:34 3.1	4:58 0.2	10:49 3.0
28 Fri			5:20 0.0	11:16 3.2	5:43 0.1	11:31 3.0
29 Sat			6:07 0.0	11:55 3.3	6:27 0.1	No PM High
30 Sun			6:41 0.1	12:10 3.0	7:09 0.1	12:31 3.3
31 Mon	A		7:19 0.1	12:47 2.9	7:49 0.1	1:06 3.3

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a year

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Tarrytown						
DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1 Sat			5:07 0.0	11:03 3.8	5:27 0.1	11:15 3.5
2 Sun			5:45 0.1	11:40 3.7	6:08 0.1	11:53 3.4
3 Mon			6:21 0.2	No AM High	6:47 0.3	12:16 3.6
4 Tue	A		6:54 0.3	12:32 3.2	7:25 0.4	12:53 3.5
5 Wed			7:25 0.6	1:14 3.1	8:04 0.6	1:31 3.4
6 Thu			7:52 0.7	1:58 2.9	8:46 0.7	2:11 3.3
7 Fri			8:21 0.8	2:44 2.8	9:41 0.8	2:53 3.2
8 Sat	OS		9:06 1.0	3:32 2.7	10:48 0.8	3:39 3.1
9 Sun			10:44 1.1	4:22 2.7	11:50 0.8	4:31 3.1
10 Mon			11:59 0.9	5:16 2.8	No PM Low	5:29 3.2
11 Tue			12:44 0.6	6:16 2.9	12:58 0.7	6:32 3.4
12 Wed			1:33 0.3	7:14 3.1	1:51 0.4	7:32 3.5
13 Thu			2:20 0.1	8:08 3.5	2:43 0.1	8:26 3.7
14 Fri	E		3:07 -0.2	8:56 3.8	3:34 -0.1	9:16 3.9
15 Sat	OP		3:54 -0.3	9:42 4.1	4:26 -0.3	10:05 4.0
16 Sun	P		4:42 -0.5	10:27 4.3	5:17 -0.5	10:53 4.0
17 Mon			5:30 -0.6	11:15 4.3	6:08 -0.5	11:46 3.9
18 Tue			6:18 -0.5	No AM High	7:00 -0.4	12:06 4.3
19 Wed			7:07 -0.3	12:43 3.7	7:53 -0.3	1:04 4.1
20 Thu	N		7:59 -0.1	1:45 3.6	8:51 -0.1	2:05 4.0
21 Fri	O		8:58 0.1	2:49 3.4	9:54 0.1	3:08 3.8
22 Sat			10:04 0.3	3:51 3.3	11:00 0.2	4:10 3.6
23 Sun			11:13 0.5	4:52 3.2	No PM Low	5:11 3.4
24 Mon			12:02 0.2	5:53 3.2	12:17 0.5	6:12 3.4
25 Tue			12:57 0.1	6:53 3.3	1:13 0.4	7:12 3.3
26 Wed			1:46 0.1	7:48 3.4	2:04 0.3	8:06 3.4
27 Thu	E		2:32 0.1	8:37 3.5	2:52 0.2	8:52 3.4
28 Fri		</				

Hudson

DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1	Sat		10:22 0.0	3:47 4.6	10:42 0.2	4:12 4.8
2	Sun		11:00 0.1	4:24 4.3	11:23 0.2	4:49 4.7
3	Mon		11:36 0.3	5:02 4.4	No PM Low	5:25 4.6
4	Tue	A	12:02 0.3	5:41 4.0	12:09 0.4	6:02 4.4
5	Wed		12:40 0.5	6:23 3.9	12:40 0.7	6:40 4.2
6	Thu		1:19 0.7	7:07 3.6	1:07 0.9	7:20 4.1
7	Fri		2:01 0.9	7:53 3.5	1:36 1.0	8:02 4.0
8	Sat	OS	2:56 1.0	8:41 3.4	2:21 1.2	8:48 4.0
9	Sun		4:03 1.0	9:31 3.4	3:59 1.3	9:40 4.0
10	Mon		5:05 0.9	10:25 3.5	5:14 1.1	10:38 4.0
11	Tue		5:59 0.7	11:25 3.7	6:13 0.9	11:41 4.2
12	Wed		6:48 0.4	No AM High	7:06 0.5	12:23 4.0
13	Thu		7:35 0.1	12:41 4.4	7:58 0.2	1:17 4.4
14	Fri	E	8:22 -0.3	1:35 4.7	8:49 -0.2	2:05 4.8
15	Sat	OP	9:09 -0.4	2:15 4.9	9:41 -0.4	2:51 5.1
16	Sun		9:57 -0.6	3:24 5.0	10:32 -0.6	3:36 5.4
17	Mon		10:45 -0.7	4:02 5.0	11:23 -0.6	4:24 5.5
18	Tue		11:33 -0.6	4:55 4.8	No PM Low	5:15 5.4
19	Wed		12:15 -0.5	5:52 4.7	12:22 -0.4	6:13 5.2
20	Thu	N	1:08 -0.3	6:54 4.5	1:14 -0.2	7:14 5.0
21	Fri		2:06 -0.1	7:58 4.2	2:13 0.2	8:17 4.8
22	Sat	O	3:09 0.2	9:00 4.1	3:19 0.4	9:19 4.5
23	Sun		4:15 0.3	10:01 4.0	4:28 0.6	10:20 4.3
24	Mon		5:17 0.3	11:02 4.0	5:32 0.6	11:21 4.2
25	Tue		6:12 0.2	No AM High	6:28 0.5	12:02 4.1
26	Wed		7:01 0.1	12:21 4.1	7:19 0.4	12:57 4.2
27	Thu	E	7:47 0.1	1:15 4.2	8:07 0.3	1:46 4.4
28	Fri		8:29 0.0	2:01 4.2	8:52 0.2	2:28 4.6
29	Sat		9:10 0.0	2:43 4.2	9:36 0.1	3:07 4.7
30	Sun	•	9:50 0.1	3:22 4.2	10:18 0.1	3:43 4.7
31	Mon	A	10:28 0.2	3:59 4.1	10:58 0.1	4:18 4.7

Castleton

DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1	Sat		11:41 -0.4	4:52 5.3	No PM Low	5:18 5.4
2	Sun		12:01 0.0	5:33 5.1	12:18 -0.2	5:57 5.4
3	Mon		12:43 0.1	6:14 4.9	12:52 0.0	6:34 5.3
4	Tue	A	1:24 0.3	6:55 4.7	1:23 0.2	7:07 5.2
5	Wed		2:05 0.4	7:36 4.5	1:52 0.3	7:30 5.2
6	Thu		2:49 0.5	8:20 4.4	2:21 0.4	7:49 5.2
7	Fri		3:35 0.6	9:07 4.2	2:59 0.6	8:26 5.2
8	Sat	OS	4:27 0.7	10:01 4.1	3:50 0.7	9:15 5.1
9	Sun		5:24 0.7	10:59 4.1	4:57 0.8	10:15 5.0
10	Mon		6:22 0.7	11:59 4.2	6:13 0.8	11:40 5.0
11	Tue		7:19 0.5	No AM High	7:22 0.7	12:56 4.4
12	Wed		8:13 0.3	12:57 5.0	8:25 0.5	1:49 4.6
13	Thu		9:04 0.1	1:56 5.2	9:23 0.2	2:36 5.0
14	Fri	E	9:53 -0.1	2:48 5.3	10:18 0.0	3:20 5.3
15	Sat	OP	10:40 -0.3	3:36 5.5	11:11 -0.2	4:02 5.5
16	Sun		11:27 -0.4	4:23 5.5	No PM Low	4:44 5.7
17	Mon		12:03 -0.3	5:12 5.5	12:13 -0.4	5:29 5.8
18	Tue		12:54 -0.4	6:05 5.3	1:01 -0.3	6:19 5.8
19	Wed		1:47 -0.3	7:02 5.2	1:50 -0.2	7:14 5.7
20	Thu	N	2:41 -0.2	8:02 5.1	2:42 -0.1	8:16 5.6
21	Fri		3:37 -0.1	9:04 5.0	3:38 0.1	9:20 5.4
22	Sat	O	4:34 -0.1	10:05 5.0	4:36 0.2	10:24 5.3
23	Sun		5:31 0.0	11:06 5.0	5:36 0.2	11:26 5.2
24	Mon		6:28 -0.1	No AM High	6:36 0.2	12:05 5.1
25	Tue		7:22 -0.2	12:26 5.2	7:34 0.2	1:02 5.2
26	Wed		8:14 -0.2	1:23 5.3	8:29 0.1	1:55 5.4
27	Thu	E	9:02 -0.3	2:15 5.3	9:21 0.0	2:44 5.6
28	Fri		9:47 -0.3	3:02 5.3	10:09 0.0	3:29 5.7
29	Sat		10:29 -0.2	3:46 5.3	10:55 0.0	4:11 5.7
30	Sun	•	11:08 -0.1	4:29 5.2	11:38 0.1	4:50 5.7
31	Mon	A	11:44 0.1	5:10 5.1	No PM Low	5:26 5.6

TIDES October

TIDES October

Albany

DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1	Sat		No AM Low	5:09 5.3	12:10 -0.4	5:35 5.4
2	Sun		12:30 0.0	5:50 5.1	12:47 -0.2	6:14 5.4
3	Mon		1:12 0.1	6:31 4.9	1:21 0.0	6:51 5.3
4	Tue	A	1:53 0.3	7:12 4.7	1:52 0.2	7:24 5.2
5	Wed		2:34 0.4	7:53 4.5	2:21 0.3	7:47 5.2
6	Thu		3:18 0.5	8:37 4.4	2:50 0.4	8:06 5.2
7	Fri		4:04 0.6	9:24 4.2	3:28 0.6	8:43 5.2
8	Sat	OS	4:56 0.7	10:18 4.1	4:19 0.7	9:32 5.1
9	Sun		5:53 0.7	11:16 4.1	5:26 0.8	10:32 5.0
10	Mon		6:51 0.7	No AM High	6:42 0.8	12:16/11:57
11	Tue		7:48 0.5	No AM High	7:51 0.7	1:13 4.4
12	Wed		8:42 0.3	1:14 5.0	8:54 0.5	2:06 4.6
13	Thu		9:33 0.1	2:13 5.2	9:52 0.2	2:53 5.0
14	Fri	E	10:22 -0.1	3:05 5.3	10:47 0.0	3:37 5.3
15	Sat	OP	11:09 -0.3	3:53 5.5	11:40 -0.2	4:19 5.5
16	Sun		11:56 -0.4	4:40 5.5	No PM Low	5:01 5.7
17	Mon		12:32 -0.3	5:29 5.5	12:42 -0.4	5:46 5.8
18	Tue		1:23 -0.4	6:22 5.3	1:30 -0.3	6:36 5.8
19	Wed		2:16 -0.3	7:19 5.2	2:19 -0.2	7:31 5.7
20	Thu	N	3:10 -0.2	8:19 5.1	3:11 -0.1	8:33 5.6
21	Fri		4:06 -0.1	9:21 5.0	4:07 0.1	9:37 5.4
22	Sat	O	5:03 -0.1	10:22 5.0	5:05 0.2	10:41 5.3
23	Sun		6:00 0.0	11:23 5.0	6:05 0.2	11:43 5.2
24	Mon		6:57 -0.1	No AM High	7:05 0.2	12:22 5.1
25	Tue		7:51 -0.2	12:43 5.2	8:03 0.2	1:19 5.2
26	Wed		8:43 -0.2	1:40 5.3	8:58 0.1	2:12 5.4
27	Thu	E	9:31 -0.3	2:32 5.3	9:50 0.0	3:01 5.6
28	Fri		10:16 -0.3	3:19 5.3	10:38 0.0	3:46 5.7
29	Sat		10:58 -0.2	4:03 5.3	11:24 0.0	4:28 5.7
30	Sun	•	11:37 -0.1	4:46 5.2	No PM Low	5:07 5.7
31	Mon	A	12:07 0.1	5:27 5.1	12:13 0.1	5:43 5.6

Troy

DATE	DAY	Moon	AM LOW	AM HIGH	PM LOW	PM HIGH
			TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT	TIME/HEIGHT
1	Sat		No AM Low	5:17 5.3	12:20 -0.4	5:43 5.4
2	Sun		12:40 0.0	5:58 5.1	12:57 -0.2	6:22 5.4
3	Mon		1:22 0.1	6:39 4.9	1:31 0.0	6:59 5.3
4	Tue	A	2:03 0.3	7:20 4.7	2:02 0.2	7:32 5.2
5	Wed		2:44 0.4	8:01 4.5	2:31 0.3	7:55 5.2
6	Thu		3:28 0.5	8:45 4.4	3:00 0.4	8:14 5.2
7	Fri		4:14 0.6	9:32 4.2	3:38 0.6	8:51 5.2
8	Sat	OS	5:06 0.7	10:26 4.1	4:29 0.7	9:40 5.1
9	Sun		6:03 0.7	11:24 4.1	5:36 0.8	10:40 5.0
10	Mon		7:01 0.7	No AM High	6:52 0.8	12:24 4.2
11	Tue		7:58 0.5	12:05 5.0	8:01 0.7	1:21 4.4
12	Wed		8:52 0.3	1:22 5.0	9:04 0.5	2:14 4.6
13	Thu		9:43 0.1	2:21 5.2	10:02 0.2	3:01 5.0
14	Fri	E	10:32 -0.1	3:13 5.3	10:57 0.0	3:45 5.3
15	Sat	OP	11:19 -0.3	4:01 5.5	11:50 -0.2	4:27 5.5
16	Sun		No AM Low	4:48 5.5	12:06 -0.4	5:09 5.7
17	Mon		12:42 -0.3	5:37 5.5	12:52 -0.4	5:54 5.8
18	Tue		1:33 -0.4	6:30 5.3	1:40 -0.3	6:44 5.8
19	Wed		2:26 -0.3	7:27 5.2	2:29 -0.2	7:39 5.7
20	Thu	N	3:20 -0.2	8:27 5.1	3:21 -0.1	8:41 5.6
21	Fri		4:16 -0.1	9:29 5.0	4:17 0.1	9:45 5.4
22	Sat	O	5:13 -0.1	10:30 5.0	5:15 0.2	10:49 5.3
23	Sun		6:10 0.0	11:31 5.0	6:15 0.2	11:51 5.2
24	Mon		7:07 -0.1	No AM High	7:15 0.2	12:30 5.1
25	Tue		8:01 -0.2	12:51 5.2	8:13 0.2	1:27 5.2
26	Wed		8:53 -0.2	1:48 5.3	9:08 0.1	2:20 5.4
27	Thu	E	9:41 -0.3	2:40 5.3	10:00 0.0	3:09 5.6
28	Fri		10:26 -0.3	3:27 5.3	10:48 0.0	3:54 5.7
29	Sat		11:08 -0.2	4:11 5.3	11:34 0.0	4:36 5.7
30	Sun	•	11:47 -0.1	4:54 5.2	No PM Low	5:15 5.7
31	Mon	A	12:17 0.1	5:35 5.1	12:23 0.1	5:51 5.6

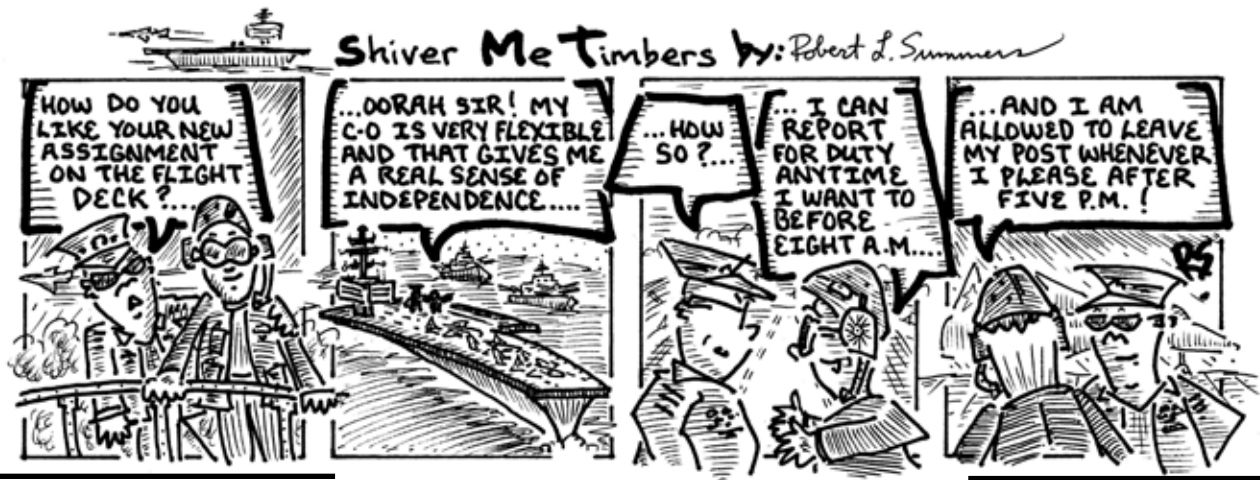
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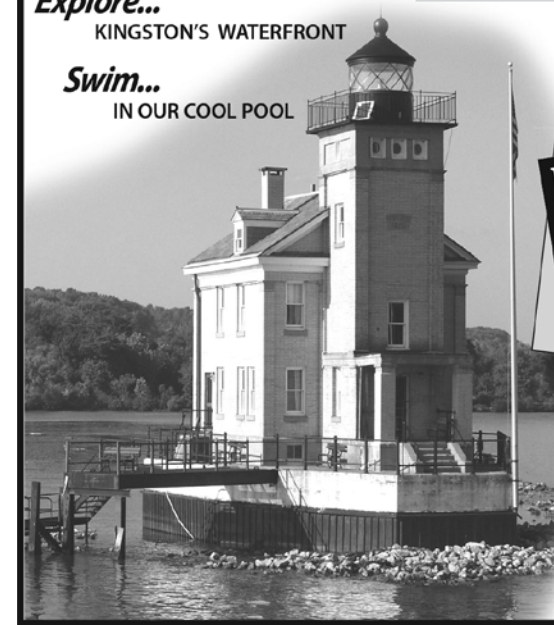
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