

Gilgo Heading, NY - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:42	1.0	3:42	0.9	10:39	0.2	10:48	0.1	7:17	4:37	
2	Fri	4:30	1.0	4:39	0.9	11:48	0.2	11:49	0.1	7:17	4:37	
3	Sat	5:25	1.1	5:46	0.9			12:51	0.1	7:17	4:38	
4	Sun	6:27	1.2	6:55	0.9	12:47	0.0	1:48	0.0	7:17	4:39	
5	Mon	7:28	1.3	7:56	1.0	1:44	0.0	2:43	-0.1	7:17	4:40	
6	Tue	8:23	1.3	8:52	1.0	2:39	-0.1	3:37	-0.2	7:17	4:41	
7	Wed	9:15	1.4	9:44	1.1	3:36	-0.1	4:31	-0.2	7:17	4:42	
8	Thu	10:07	1.4	10:37	1.1	4:32	-0.2	5:22	-0.3	7:17	4:43	
9	Fri	10:58	1.4	11:30	1.2	5:27	-0.2	6:10	-0.3	7:17	4:44	
10	Sat	11:51	1.4			6:19	-0.2	6:57	-0.3	7:16	4:45	
11	Sun	12:26	1.2	12:45	1.3	7:10	-0.2	7:44	-0.3	7:16	4:46	
12	Mon	1:22	1.2	1:40	1.2	8:04	-0.1	8:32	-0.2	7:16	4:47	
13	Tue	2:18	1.1	2:35	1.1	9:02	0.0	9:24	-0.1	7:16	4:48	
14	Wed	3:11	1.1	3:28	1.0	10:07	0.1	10:21	0.0	7:15	4:49	
15	Thu	4:03	1.1	4:22	0.9	11:15	0.1	11:19	0.0	7:15	4:50	
16	Fri	4:56	1.1	5:20	0.9			12:19	0.1	7:14	4:51	
17	Sat	5:53	1.1	6:22	0.8	12:15	0.1	1:16	0.1	7:14	4:53	
18	Sun	6:51	1.1	7:21	0.9	1:07	0.1	2:07	0.1	7:13	4:54	
19	Mon	7:44	1.1	8:13	0.9	1:56	0.1	2:54	0.0	7:13	4:55	
20	Tue	8:30	1.1	8:58	0.9	2:43	0.1	3:39	0.0	7:12	4:56	
21	Wed	9:11	1.1	9:39	0.9	3:28	0.0	4:21	0.0	7:12	4:57	
22	Thu	9:50	1.1	10:19	1.0	4:12	0.0	5:01	-0.1	7:11	4:58	
23	Fri	10:26	1.1	10:57	1.0	4:55	0.0	5:38	-0.1	7:10	5:00	
24	Sat	11:00	1.1	11:35	1.0	5:35	0.0	6:12	-0.1	7:10	5:01	
25	Sun	11:33	1.1			6:12	0.0	6:44	-0.1	7:09	5:02	
26	Mon	12:11	1.0	12:05	1.0	6:47	0.0	7:13	0.0	7:08	5:03	
27	Tue	12:47	1.0	12:40	1.0	7:22	0.1	7:41	0.0	7:07	5:04	
28	Wed	1:25	1.0	1:21	0.9	8:00	0.1	8:11	0.0	7:07	5:06	
29	Thu	2:07	1.0	2:10	0.9	8:47	0.1	8:50	0.1	7:06	5:07	
30	Fri	2:54	1.0	3:04	0.9	9:53	0.2	9:47	0.1	7:05	5:08	
31	Sat	3:46	1.0	4:05	0.8	11:11	0.1	11:03	0.1	7:04	5:09	