

Gilgo Heading, NY - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:10	1.0	9:29	1.3	3:54	0.1	3:42	0.1	5:26	8:28	
2	Thu	9:59	1.1	10:12	1.3	4:42	0.1	4:30	0.2	5:26	8:28	
3	Fri	10:44	1.1	10:54	1.3	5:29	0.1	5:16	0.2	5:27	8:28	
4	Sat	11:28	1.1	11:34	1.3	6:12	0.1	6:01	0.2	5:27	8:27	
5	Sun			12:11	1.1	6:52	0.1	6:43	0.2	5:28	8:27	
6	Mon	12:13	1.2	12:55	1.1	7:29	0.1	7:23	0.2	5:28	8:27	
7	Tue	12:52	1.2	1:39	1.1	8:04	0.1	8:01	0.2	5:29	8:27	
8	Wed	1:31	1.2	2:23	1.1	8:37	0.1	8:40	0.3	5:30	8:26	
9	Thu	2:11	1.1	3:06	1.1	9:11	0.2	9:22	0.3	5:30	8:26	
10	Fri	2:53	1.1	3:46	1.1	9:46	0.2	10:13	0.3	5:31	8:26	
11	Sat	3:36	1.0	4:26	1.1	10:27	0.2	11:16	0.4	5:32	8:25	
12	Sun	4:23	1.0	5:09	1.1	11:17	0.2			5:33	8:25	
13	Mon	5:14	1.0	5:58	1.2	12:23	0.3	12:15	0.2	5:33	8:24	
14	Tue	6:14	0.9	6:55	1.2	1:26	0.3	1:15	0.2	5:34	8:24	
15	Wed	7:23	1.0	7:57	1.3	2:24	0.2	2:13	0.2	5:35	8:23	
16	Thu	8:28	1.0	8:55	1.4	3:18	0.1	3:10	0.1	5:36	8:23	
17	Fri	9:26	1.1	9:48	1.5	4:12	0.0	4:06	0.1	5:36	8:22	
18	Sat	10:19	1.2	10:39	1.5	5:05	0.0	5:03	0.0	5:37	8:21	
19	Sun	11:11	1.2	11:30	1.5	5:57	-0.1	6:00	0.0	5:38	8:21	
20	Mon			12:04	1.3	6:46	-0.2	6:54	0.0	5:39	8:20	
21	Tue	12:23	1.5	12:59	1.3	7:32	-0.2	7:46	0.0	5:40	8:19	
22	Wed	1:16	1.4	1:54	1.3	8:18	-0.2	8:39	0.0	5:41	8:18	
23	Thu	2:11	1.4	2:50	1.3	9:05	-0.1	9:35	0.1	5:41	8:18	
24	Fri	3:07	1.3	3:45	1.3	9:55	0.0	10:38	0.2	5:42	8:17	
25	Sat	4:02	1.2	4:37	1.3	10:49	0.0	11:45	0.2	5:43	8:16	
26	Sun	4:56	1.1	5:29	1.3	11:47	0.1			5:44	8:15	
27	Mon	5:52	1.0	6:25	1.2	12:51	0.2	12:46	0.2	5:45	8:14	
28	Tue	6:53	1.0	7:23	1.2	1:51	0.2	1:42	0.2	5:46	8:13	
29	Wed	7:55	1.0	8:20	1.2	2:45	0.2	2:34	0.2	5:47	8:12	
30	Thu	8:51	1.0	9:10	1.3	3:34	0.2	3:22	0.2	5:48	8:11	
31	Fri	9:40	1.1	9:53	1.3	4:20	0.1	4:09	0.2	5:49	8:10	