

Gilgo Heading, NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:35	1.3	10:00	1.1	3:59	-0.1	4:41	-0.2	7:17	4:36	●
2	Fri	10:20	1.3	10:47	1.1	4:48	-0.1	5:27	-0.2	7:17	4:37	●
3	Sat	11:04	1.3	11:32	1.1	5:34	-0.1	6:09	-0.2	7:17	4:38	●
4	Sun	11:47	1.2			6:17	0.0	6:48	-0.1	7:17	4:39	●
5	Mon	12:18	1.0	12:32	1.1	6:58	0.0	7:25	-0.1	7:17	4:40	◐
6	Tue	1:05	1.0	1:18	1.1	7:39	0.1	8:03	0.0	7:17	4:41	◐
7	Wed	1:51	1.0	2:04	1.0	8:22	0.1	8:43	0.0	7:17	4:41	◐
8	Thu	2:37	1.0	2:50	0.9	9:13	0.2	9:29	0.1	7:17	4:42	◐
9	Fri	3:22	1.0	3:37	0.9	10:14	0.2	10:22	0.1	7:17	4:43	◐
10	Sat	4:07	1.0	4:26	0.9	11:18	0.2	11:18	0.1	7:16	4:44	◐
11	Sun	4:55	1.0	5:21	0.8			12:18	0.2	7:16	4:45	◐
12	Mon	5:48	1.0	6:20	0.8	12:14	0.1	1:12	0.1	7:16	4:47	◐
13	Tue	6:44	1.1	7:17	0.9	1:06	0.1	2:01	0.1	7:16	4:48	○
14	Wed	7:35	1.1	8:08	0.9	1:55	0.0	2:49	0.0	7:15	4:49	○
15	Thu	8:22	1.2	8:53	1.0	2:43	0.0	3:36	-0.1	7:15	4:50	○
16	Fri	9:05	1.3	9:37	1.1	3:31	-0.1	4:22	-0.2	7:15	4:51	○
17	Sat	9:48	1.3	10:21	1.1	4:20	-0.1	5:07	-0.2	7:14	4:52	○
18	Sun	10:32	1.3	11:07	1.1	5:09	-0.2	5:51	-0.3	7:14	4:53	○
19	Mon	11:19	1.3	11:56	1.2	5:57	-0.2	6:34	-0.3	7:13	4:54	○
20	Tue			12:08	1.3	6:44	-0.2	7:17	-0.2	7:13	4:55	○
21	Wed	12:49	1.2	1:03	1.2	7:34	-0.2	8:03	-0.2	7:12	4:57	○
22	Thu	1:45	1.2	2:00	1.1	8:29	-0.1	8:56	-0.1	7:11	4:58	○
23	Fri	2:42	1.2	2:59	1.1	9:33	0.0	9:57	-0.1	7:11	4:59	○
24	Sat	3:39	1.2	3:58	1.0	10:44	0.0	11:02	-0.1	7:10	5:00	◐
25	Sun	4:38	1.2	5:00	1.0	11:53	0.0			7:09	5:01	◐
26	Mon	5:40	1.1	6:06	0.9	12:07	0.0	12:56	0.0	7:09	5:03	◐
27	Tue	6:43	1.2	7:11	1.0	1:07	-0.1	1:53	-0.1	7:08	5:04	◐
28	Wed	7:41	1.2	8:08	1.0	2:02	-0.1	2:45	-0.1	7:07	5:05	◐
29	Thu	8:32	1.2	8:57	1.0	2:53	-0.1	3:33	-0.1	7:06	5:06	◐
30	Fri	9:17	1.2	9:42	1.1	3:42	-0.1	4:19	-0.2	7:05	5:07	◐
31	Sat	10:00	1.2	10:24	1.1	4:29	-0.1	5:02	-0.2	7:04	5:09	●