

Gilgo Heading, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:15	1.2	10:35	1.1	4:50	-0.1	5:09	-0.1	6:26	5:45	●
2	Tue	10:53	1.1	11:11	1.1	5:30	-0.1	5:45	-0.1	6:25	5:46	●
3	Wed	11:30	1.1	11:46	1.1	6:07	-0.1	6:18	-0.1	6:23	5:47	●
4	Thu			12:08	1.0	6:43	0.0	6:49	0.0	6:22	5:48	●
5	Fri	12:21	1.1	12:46	1.0	7:18	0.0	7:20	0.0	6:20	5:49	◐
6	Sat	12:56	1.0	1:28	0.9	7:54	0.1	7:52	0.1	6:18	5:50	◐
7	Sun	1:36	1.0	2:14	0.9	8:35	0.1	8:30	0.1	6:17	5:51	◐
8	Mon	2:21	1.0	3:04	0.9	9:32	0.2	9:24	0.2	6:15	5:52	◐
9	Tue	3:12	1.0	3:58	0.9	10:44	0.2	10:38	0.2	6:14	5:53	◐
10	Wed	4:09	1.0	4:58	0.9	11:53	0.2	11:52	0.1	6:12	5:55	◐
11	Thu	5:13	1.0	6:03	0.9			12:52	0.1	6:10	5:56	◐
12	Fri	6:22	1.1	7:05	1.0	12:56	0.1	1:45	0.0	6:09	5:57	◐
13	Sat	7:24	1.2	7:59	1.2	1:54	0.0	2:35	-0.1	6:07	5:58	○
14	Sun	8:18	1.3	8:49	1.3	2:48	-0.1	3:24	-0.2	6:06	5:59	○
15	Mon	9:08	1.3	9:37	1.4	3:42	-0.2	4:12	-0.3	6:04	6:00	○
16	Tue	9:57	1.3	10:25	1.4	4:35	-0.3	5:00	-0.3	6:02	6:01	○
17	Wed	10:46	1.3	11:15	1.4	5:27	-0.3	5:48	-0.3	6:01	6:02	○
18	Thu	11:38	1.3			6:17	-0.3	6:34	-0.3	5:59	6:03	○
19	Fri	12:07	1.4	12:32	1.2	7:07	-0.2	7:22	-0.2	5:57	6:04	○
20	Sat	1:02	1.3	1:30	1.1	7:59	-0.2	8:13	-0.1	5:56	6:05	○
21	Sun	2:00	1.3	2:30	1.1	8:57	-0.1	9:12	0.0	5:54	6:06	○
22	Mon	2:58	1.2	3:29	1.0	10:01	0.0	10:20	0.1	5:52	6:07	○
23	Tue	3:56	1.1	4:28	1.0	11:09	0.1	11:29	0.1	5:51	6:08	◐
24	Wed	4:55	1.1	5:29	1.0			12:11	0.1	5:49	6:09	◐
25	Thu	5:56	1.1	6:30	1.0	12:32	0.1	1:06	0.1	5:47	6:11	◐
26	Fri	6:55	1.1	7:25	1.1	1:27	0.1	1:54	0.0	5:46	6:12	◐
27	Sat	7:46	1.1	8:11	1.1	2:15	0.1	2:37	0.0	5:44	6:13	◐
28	Sun	8:30	1.1	8:52	1.2	3:00	0.0	3:18	0.0	5:42	6:14	◐
29	Mon	9:11	1.1	9:29	1.2	3:43	0.0	3:57	0.0	5:41	6:15	◐
30	Tue	9:49	1.1	10:04	1.2	4:25	0.0	4:35	0.0	5:39	6:16	◐
31	Wed	10:26	1.1	10:38	1.2	5:05	0.0	5:11	0.0	5:38	6:17	●