

Gilgo Heading, NY - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:15	1.1	6:59	0.0	6:52	0.1	5:51	7:49	
2	Sun	12:11	1.2	12:54	1.0	7:36	0.1	7:27	0.1	5:50	7:50	
3	Mon	12:45	1.2	1:36	1.0	8:12	0.1	8:03	0.2	5:49	7:51	
4	Tue	1:25	1.2	2:24	1.0	8:51	0.1	8:42	0.2	5:47	7:52	
5	Wed	2:14	1.2	3:16	1.0	9:36	0.1	9:33	0.2	5:46	7:53	
6	Thu	3:12	1.2	4:10	1.1	10:32	0.1	10:42	0.2	5:45	7:54	
7	Fri	4:11	1.2	5:05	1.1	11:37	0.1	11:59	0.2	5:44	7:55	
8	Sat	5:12	1.2	6:03	1.2			12:40	0.1	5:43	7:56	
9	Sun	6:17	1.2	7:05	1.3	1:09	0.1	1:38	0.0	5:42	7:57	
10	Mon	7:24	1.2	8:05	1.4	2:11	0.0	2:32	0.0	5:41	7:58	
11	Tue	8:28	1.2	9:01	1.5	3:09	0.0	3:25	-0.1	5:40	7:59	
12	Wed	9:25	1.3	9:53	1.5	4:05	-0.1	4:17	-0.1	5:39	8:00	
13	Thu	10:18	1.3	10:44	1.6	5:00	-0.2	5:10	-0.1	5:38	8:01	
14	Fri	11:11	1.3	11:34	1.5	5:54	-0.2	6:03	-0.1	5:37	8:02	
15	Sat			12:04	1.3	6:45	-0.2	6:54	-0.1	5:36	8:03	
16	Sun	12:26	1.5	12:59	1.2	7:35	-0.2	7:44	0.0	5:35	8:04	
17	Mon	1:19	1.4	1:56	1.2	8:23	-0.1	8:33	0.1	5:34	8:05	
18	Tue	2:14	1.3	2:53	1.2	9:12	0.0	9:26	0.2	5:33	8:06	
19	Wed	3:09	1.2	3:48	1.1	10:05	0.1	10:25	0.2	5:32	8:07	
20	Thu	4:02	1.2	4:39	1.1	11:00	0.1	11:29	0.3	5:31	8:08	
21	Fri	4:52	1.1	5:29	1.1	11:56	0.2			5:31	8:09	
22	Sat	5:43	1.1	6:19	1.1	12:30	0.3	12:47	0.2	5:30	8:10	
23	Sun	6:36	1.0	7:10	1.1	1:26	0.3	1:35	0.2	5:29	8:10	
24	Mon	7:30	1.0	8:00	1.2	2:16	0.2	2:19	0.1	5:28	8:11	
25	Tue	8:22	1.0	8:45	1.2	3:03	0.2	3:01	0.1	5:28	8:12	
26	Wed	9:09	1.1	9:26	1.3	3:47	0.1	3:43	0.1	5:27	8:13	
27	Thu	9:52	1.1	10:03	1.3	4:31	0.1	4:24	0.1	5:27	8:14	
28	Fri	10:33	1.1	10:39	1.3	5:15	0.1	5:07	0.1	5:26	8:15	
29	Sat	11:12	1.1	11:14	1.3	5:57	0.0	5:48	0.1	5:25	8:15	
30	Sun	11:52	1.1	11:48	1.3	6:38	0.0	6:29	0.1	5:25	8:16	
31	Mon			12:33	1.1	7:17	0.0	7:09	0.1	5:24	8:17	