US HARBORS www.USHarbors.com

Gilgo Heading, NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:27	1.3	3:11	1.3	9:23	0.0	10:00	0.1	5:50	8:08	
2	Mon	3:25	1.2	4:08	1.3	10:19	0.0	11:07	0.1	5:51	8:07	
3	Tue	4:24	1.2	5:04	1.3	11:22	0.1			5:52	8:06	
4	Wed	5:24	1.1	6:04	1.3	12:17	0.2	12:29	0.1	5:53	8:05	
5	Thu	6:29	1.1	7:07	1.3	1:23	0.1	1:32	0.1	5:54	8:04	
6	Fri	7:36	1.1	8:08	1.4	2:22	0.1	2:31	0.1	5:55	8:03	
7	Sat	8:38	1.2	9:04	1.4	3:16	0.0	3:25	0.1	5:56	8:01	
8	Sun	9:31	1.2	9:53	1.4	4:07	0.0	4:17	0.0	5:57	8:00	
9	Mon	10:20	1.2	10:38	1.4	4:55	0.0	5:07	0.0	5:58	7:59	
10	Tue	11:04	1.3	11:21	1.4	5:41	0.0	5:54	0.0	5:59	7:58	
11	Wed	11:47	1.3			6:23	0.0	6:38	0.1	6:00	7:56	
12	Thu	12:03	1.3	12:30	1.2	7:02	0.0	7:19	0.1	6:01	7:55	
13	Fri	12:45	1.3	1:12	1.2	7:38	0.0	7:59	0.2	6:02	7:54	
14	Sat	1:27	1.2	1:55	1.2	8:13	0.1	8:39	0.2	6:03	7:52	
15	Sun	2:12	1.1	2:39	1.2	8:47	0.1	9:21	0.3	6:04	7:51	
16	Mon	2:58	1.1	3:23	1.1	9:24	0.2	10:11	0.3	6:05	7:50	
17	Tue	3:45	1.0	4:08	1.1	10:08	0.3	11:12	0.4	6:06	7:48	
18	Wed	4:34	1.0	4:53	1.1	11:04	0.3			6:07	7:47	
19	Thu	5:24	1.0	5:42	1.1	12:17	0.4	12:07	0.3	6:08	7:45	
20	Fri	6:20	1.0	6:38	1.2	1:16	0.3	1:08	0.3	6:09	7:44	
21	Sat	7:21	1.0	7:37	1.2	2:10	0.2	2:04	0.2	6:10	7:42	
22	Sun	8:17	1.1	8:31	1.3	2:58	0.2	2:55	0.2	6:11	7:41	
23	Mon	9:07	1.2	9:19	1.4	3:45	0.1	3:46	0.1	6:12	7:39	
24	Tue	9:52	1.2	10:04	1.4	4:30	0.0	4:36	0.0	6:13	7:38	
25	Wed	10:36	1.3	10:48	1.4	5:16	-0.1	5:26	0.0	6:14	7:36	
26	Thu	11:21	1.4	11:34	1.4	6:01	-0.1	6:17	-0.1	6:15	7:35	
27	Fri			12:08	1.4	6:45	-0.1	7:06	-0.1	6:16	7:33	
28	Sat	12:23	1.4	12:58	1.4	7:29	-0.1	7:55	0.0	6:17	7:32	
29	Sun	1:15	1.3	1:53	1.4	8:14	-0.1	8:47	0.0	6:18	7:30	
30	Mon	2:13	1.3	2:51	1.4	9:03	0.0	9:45	0.1	6:19	7:29	
31	Tue	3:13	1.2	3:50	1.4	9:59	0.1	10:51	0.1	6:19	7:27	