

Gilgo Heading, NY - Oct 1976

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