

Gilgo Heading, NY - Nov 1976

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