

Gilgo Heading, NY - Jul 1978

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