

Gilgo Heading, NY - Aug 1978

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