

Gilgo Heading, NY - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:04	1.3	9:31	1.1	3:24	-0.1	4:14	-0.1	7:17	4:36	
2	Wed	9:48	1.3	10:16	1.1	4:12	-0.1	5:00	-0.1	7:17	4:37	
3	Thu	10:29	1.3	11:00	1.1	4:57	-0.1	5:42	-0.1	7:17	4:38	
4	Fri	11:11	1.2	11:45	1.0	5:40	0.0	6:22	-0.1	7:17	4:39	
5	Sat	11:52	1.1			6:20	0.0	7:00	-0.1	7:17	4:40	
6	Sun	12:31	1.0	12:35	1.1	6:59	0.0	7:37	0.0	7:17	4:41	
7	Mon	1:18	1.0	1:19	1.0	7:39	0.1	8:15	0.0	7:17	4:41	
8	Tue	2:05	0.9	2:04	1.0	8:22	0.2	8:57	0.1	7:17	4:42	
9	Wed	2:50	0.9	2:49	0.9	9:13	0.2	9:45	0.1	7:17	4:43	
10	Thu	3:35	0.9	3:35	0.9	10:16	0.2	10:40	0.1	7:16	4:44	
11	Fri	4:20	1.0	4:25	0.9	11:21	0.2	11:36	0.1	7:16	4:46	
12	Sat	5:09	1.0	5:21	0.9			12:21	0.2	7:16	4:47	
13	Sun	6:03	1.0	6:22	0.9	12:29	0.1	1:16	0.1	7:16	4:48	
14	Mon	6:58	1.1	7:21	0.9	1:20	0.0	2:07	0.0	7:15	4:49	
15	Tue	7:49	1.2	8:13	1.0	2:09	0.0	2:57	-0.1	7:15	4:50	
16	Wed	8:36	1.3	9:01	1.0	2:58	-0.1	3:46	-0.2	7:15	4:51	
17	Thu	9:22	1.3	9:48	1.1	3:48	-0.1	4:35	-0.2	7:14	4:52	
18	Fri	10:08	1.4	10:36	1.1	4:39	-0.2	5:23	-0.3	7:14	4:53	
19	Sat	10:57	1.4	11:26	1.2	5:30	-0.2	6:09	-0.3	7:13	4:54	
20	Sun	11:48	1.3			6:19	-0.2	6:55	-0.3	7:13	4:55	
21	Mon	12:20	1.2	12:42	1.3	7:09	-0.2	7:42	-0.3	7:12	4:57	
22	Tue	1:17	1.2	1:39	1.2	8:03	-0.1	8:33	-0.2	7:11	4:58	
23	Wed	2:15	1.2	2:36	1.1	9:03	-0.1	9:29	-0.2	7:11	4:59	
24	Thu	3:11	1.1	3:33	1.1	10:11	0.0	10:30	-0.1	7:10	5:00	
25	Fri	4:08	1.1	4:31	1.0	11:20	0.0	11:33	-0.1	7:09	5:01	
26	Sat	5:06	1.1	5:32	1.0			12:26	0.0	7:09	5:03	
27	Sun	6:07	1.1	6:36	1.0	12:32	-0.1	1:24	0.0	7:08	5:04	
28	Mon	7:07	1.1	7:35	1.0	1:27	-0.1	2:17	-0.1	7:07	5:05	
29	Tue	8:00	1.2	8:27	1.0	2:17	-0.1	3:06	-0.1	7:06	5:06	
30	Wed	8:47	1.2	9:13	1.0	3:05	-0.1	3:53	-0.1	7:05	5:07	
31	Thu	9:29	1.2	9:56	1.0	3:52	-0.1	4:37	-0.1	7:04	5:09	