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# Gilgo Heading, NY - Jun 1989

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