

































Gilgo Heading, NY - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:12	1.1	9:34	1.4	3:57	0.0	3:49	0.0	5:26	8:28	
2	Sun	10:06	1.1	10:24	1.4	4:50	0.0	4:43	0.0	5:26	8:28	
3	Mon	10:57	1.2	11:11	1.4	5:42	0.0	5:36	0.1	5:27	8:28	
4	Tue	11:47	1.2	11:58	1.4	6:30	0.0	6:26	0.1	5:28	8:27	
5	Wed			12:36	1.1	7:14	0.0	7:12	0.1	5:28	8:27	
6	Thu	12:43	1.3	1:25	1.1	7:54	0.0	7:55	0.2	5:29	8:27	
7	Fri	1:29	1.2	2:13	1.1	8:33	0.1	8:37	0.2	5:29	8:27	
8	Sat	2:15	1.2	3:00	1.1	9:11	0.1	9:23	0.3	5:30	8:26	
9	Sun	3:01	1.1	3:45	1.1	9:50	0.2	10:14	0.3	5:31	8:26	
10	Mon	3:46	1.0	4:28	1.1	10:33	0.2	11:12	0.4	5:31	8:25	
11	Tue	4:30	1.0	5:11	1.1	11:21	0.3			5:32	8:25	
12	Wed	5:17	0.9	5:56	1.1	12:14	0.4	12:13	0.3	5:33	8:25	
13	Thu	6:09	0.9	6:47	1.2	1:12	0.3	1:06	0.3	5:34	8:24	
14	Fri	7:09	0.9	7:41	1.2	2:06	0.3	1:57	0.3	5:34	8:23	
15	Sat	8:10	0.9	8:32	1.2	2:56	0.2	2:46	0.2	5:35	8:23	
16	Sun	9:03	1.0	9:19	1.3	3:45	0.2	3:35	0.2	5:36	8:22	
17	Mon	9:49	1.0	10:03	1.4	4:33	0.1	4:24	0.2	5:37	8:22	
18	Tue	10:33	1.1	10:46	1.4	5:20	0.0	5:14	0.1	5:38	8:21	
19	Wed	11:17	1.1	11:30	1.4	6:05	0.0	6:03	0.1	5:38	8:20	
20	Thu			12:03	1.2	6:48	-0.1	6:52	0.1	5:39	8:20	
21	Fri	12:16	1.4	12:51	1.2	7:30	-0.1	7:39	0.0	5:40	8:19	
22	Sat	1:05	1.4	1:42	1.3	8:11	-0.1	8:28	0.1	5:41	8:18	
23	Sun	1:57	1.3	2:36	1.3	8:54	-0.1	9:22	0.1	5:42	8:17	
24	Mon	2:52	1.2	3:31	1.3	9:41	0.0	10:25	0.2	5:43	8:16	
25	Tue	3:49	1.2	4:25	1.3	10:36	0.0	11:36	0.2	5:44	8:15	
26	Wed	4:46	1.1	5:21	1.3	11:37	0.1			5:45	8:15	
27	Thu	5:46	1.1	6:21	1.3	12:45	0.2	12:42	0.1	5:45	8:14	
28	Fri	6:52	1.0	7:25	1.3	1:50	0.2	1:44	0.1	5:46	8:13	
29	Sat	7:59	1.1	8:27	1.3	2:48	0.1	2:42	0.1	5:47	8:12	
30	Sun	9:00	1.1	9:21	1.3	3:42	0.1	3:36	0.1	5:48	8:11	
31	Mon	9:52	1.1	10:09	1.4	4:33	0.0	4:28	0.1	5:49	8:10	