US HARBORS www.USHarbors.com

Gilgo Heading, NY - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:25	1.0	12:38	1.2	7:08	0.0	7:44	-0.1	7:17	4:37	
2	Tue	1:16	1.0	1:31	1.1	7:56	0.0	8:28	-0.1	7:17	4:37	
3	Wed	2:10	1.1	2:27	1.1	8:54	0.1	9:19	0.0	7:17	4:38	
4	Thu	3:05	1.1	3:24	1.0	10:06	0.1	10:20	0.0	7:17	4:39	
5	Fri	4:01	1.1	4:25	1.0	11:21	0.1	11:25	0.0	7:17	4:40	
6	Sat	5:02	1.2	5:31	0.9			12:30	0.0	7:17	4:41	
7	Sun	6:07	1.2	6:41	1.0	12:29	-0.1	1:33	0.0	7:17	4:42	
8	Mon	7:13	1.2	7:45	1.0	1:29	-0.1	2:30	-0.1	7:17	4:43	
9	Tue	8:11	1.3	8:42	1.0	2:26	-0.1	3:25	-0.1	7:16	4:44	
10	Wed	9:04	1.3	9:34	1.1	3:22	-0.1	4:17	-0.2	7:16	4:45	
11	Thu	9:52	1.3	10:24	1.1	4:16	-0.1	5:06	-0.2	7:16	4:46	
12	Fri	10:39	1.3	11:12	1.1	5:07	-0.1	5:52	-0.2	7:16	4:47	
13	Sat	11:25	1.2			5:54	-0.1	6:33	-0.2	7:15	4:48	
14	Sun	12:00	1.1	12:10	1.2	6:38	-0.1	7:13	-0.1	7:15	4:49	
15	Mon	12:47	1.1	12:55	1.1	7:20	0.0	7:51	-0.1	7:15	4:50	
16	Tue	1:34	1.0	1:41	1.0	8:04	0.1	8:29	0.0	7:14	4:52	
17	Wed	2:21	1.0	2:28	0.9	8:51	0.1	9:11	0.1	7:14	4:53	
18	Thu	3:06	1.0	3:14	0.9	9:47	0.2	9:59	0.1	7:13	4:54	
19	Fri	3:50	1.0	4:01	0.8	10:49	0.2	10:54	0.2	7:13	4:55	
20	Sat	4:38	1.0	4:54	0.8	11:52	0.2	11:51	0.2	7:12	4:56	
21	Sun	5:30	1.0	5:54	0.8			12:49	0.2	7:12	4:57	
22	Mon	6:28	1.0	6:57	0.8	12:46	0.1	1:41	0.1	7:11	4:58	
23	Tue	7:22	1.0	7:51	0.8	1:37	0.1	2:29	0.0	7:10	5:00	
24	Wed	8:10	1.1	8:36	0.9	2:25	0.1	3:15	0.0	7:10	5:01	
25	Thu	8:52	1.2	9:18	0.9	3:12	0.0	4:00	-0.1	7:09	5:02	
26	Fri	9:32	1.2	9:58	1.0	3:59	0.0	4:43	-0.1	7:08	5:03	
27	Sat	10:12	1.2	10:37	1.0	4:45	-0.1	5:24	-0.2	7:07	5:05	
28	Sun	10:52	1.2	11:19	1.1	5:29	-0.1	6:03	-0.2	7:06	5:06	
29	Mon	11:35	1.2			6:13	-0.1	6:41	-0.2	7:06	5:07	
30	Tue	12:04	1.1	12:22	1.2	6:58	-0.1	7:20	-0.2	7:05	5:08	
31	Wed	12:53	1.1	1:14	1.1	7:46	-0.1	8:03	-0.2	7:04	5:09	