






























Gilgo Heading, NY - Feb 1990

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