US HARBORS www.USHarbors.com

Gilgo Heading, NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:31	1.3	1:00	1.1	7:35	-0.1	7:42	-0.2	6:27	5:44	
2	Fri	1:25	1.2	1:58	1.0	8:29	-0.1	8:32	-0.1	6:25	5:45	
3	Sat	2:24	1.2	2:59	1.0	9:35	0.0	9:36	0.0	6:24	5:46	
4	Sun	3:25	1.1	4:02	0.9	10:49	0.1	10:50	0.1	6:22	5:47	
5	Mon	4:29	1.1	5:08	0.9			12:01	0.1	6:21	5:49	
6	Tue	5:37	1.1	6:17	0.9	12:03	0.1	1:04	0.0	6:19	5:50	
7	Wed	6:45	1.1	7:21	1.0	1:08	0.0	1:59	0.0	6:17	5:51	
8	Thu	7:44	1.1	8:14	1.1	2:04	0.0	2:48	-0.1	6:16	5:52	
9	Fri	8:33	1.2	8:59	1.1	2:55	0.0	3:32	-0.1	6:14	5:53	
10	Sat	9:15	1.2	9:40	1.2	3:43	-0.1	4:14	-0.1	6:13	5:54	
11	Sun	9:55	1.2	10:18	1.2	4:28	-0.1	4:53	-0.1	6:11	5:55	
12	Mon	10:32	1.1	10:55	1.2	5:10	-0.1	5:29	-0.1	6:09	5:56	
13	Tue	11:10	1.1	11:32	1.2	5:49	-0.1	6:02	-0.1	6:08	5:57	
14	Wed	11:47	1.0			6:26	0.0	6:33	0.0	6:06	5:58	
15	Thu	12:08	1.1	12:25	1.0	7:02	0.0	7:03	0.1	6:05	5:59	
16	Fri	12:45	1.1	1:06	0.9	7:38	0.1	7:33	0.1	6:03	6:01	
17	Sat	1:26	1.0	1:52	0.9	8:17	0.1	8:06	0.2	6:01	6:02	
18	Sun	2:10	1.0	2:42	0.8	9:07	0.2	8:50	0.2	6:00	6:03	
19	Mon	3:00	1.0	3:34	0.8	10:14	0.2	10:02	0.3	5:58	6:04	
20	Tue	3:54	1.0	4:32	0.8	11:25	0.2	11:25	0.3	5:56	6:05	
21	Wed	4:54	1.0	5:35	0.9			12:26	0.2	5:55	6:06	
22	Thu	5:59	1.0	6:37	0.9	12:33	0.2	1:19	0.1	5:53	6:07	
23	Fri	7:00	1.1	7:32	1.0	1:30	0.1	2:06	0.0	5:51	6:08	
24	Sat	7:53	1.2	8:19	1.2	2:22	0.0	2:52	-0.1	5:50	6:09	
25	Sun	8:41	1.2	9:03	1.3	3:13	-0.1	3:37	-0.1	5:48	6:10	
26	Mon	9:26	1.3	9:47	1.4	4:04	-0.1	4:22	-0.2	5:46	6:11	
27	Tue	10:12	1.3	10:32	1.4	4:55	-0.2	5:07	-0.2	5:45	6:12	
28	Wed	11:00	1.2	11:20	1.4	5:44	-0.2	5:52	-0.2	5:43	6:13	
29	Thu	11:52	1.2			6:33	-0.2	6:37	-0.2	5:41	6:14	
30	Fri	12:11	1.4	12:48	1.1	7:23	-0.1	7:25	-0.1	5:40	6:15	
31	Sat	1:08	1.3	1:49	1.1	8:18	-0.1	8:19	0.0	5:38	6:16	