


















Gilgo Heading, NY - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:55	1.2	4:39	1.1	11:09	0.1	11:20	0.2	5:52	7:49	
2	Wed	4:53	1.2	5:35	1.1			12:12	0.1	5:50	7:50	
3	Thu	5:49	1.1	6:32	1.1	12:29	0.2	1:09	0.1	5:49	7:51	
4	Fri	6:47	1.1	7:27	1.2	1:30	0.2	1:58	0.1	5:48	7:52	
5	Sat	7:43	1.1	8:17	1.2	2:23	0.2	2:41	0.1	5:47	7:53	
6	Sun	8:34	1.1	9:00	1.3	3:10	0.1	3:21	0.1	5:46	7:54	
7	Mon	9:19	1.1	9:40	1.3	3:54	0.1	4:00	0.1	5:44	7:55	
8	Tue	9:59	1.1	10:17	1.3	4:37	0.1	4:39	0.1	5:43	7:56	
9	Wed	10:38	1.1	10:52	1.3	5:19	0.0	5:18	0.1	5:42	7:57	
10	Thu	11:16	1.1	11:27	1.3	6:00	0.0	5:56	0.1	5:41	7:58	
11	Fri	11:54	1.0			6:40	0.1	6:33	0.2	5:40	7:59	
12	Sat	12:01	1.3	12:33	1.0	7:18	0.1	7:09	0.2	5:39	8:00	
13	Sun	12:36	1.2	1:14	1.0	7:55	0.1	7:43	0.2	5:38	8:01	
14	Mon	1:13	1.2	1:59	0.9	8:32	0.1	8:18	0.3	5:37	8:02	
15	Tue	1:57	1.1	2:48	0.9	9:12	0.2	9:00	0.3	5:36	8:03	
16	Wed	2:49	1.1	3:39	1.0	9:59	0.2	9:56	0.3	5:35	8:04	
17	Thu	3:43	1.1	4:29	1.0	10:56	0.2	11:12	0.3	5:34	8:05	
18	Fri	4:39	1.1	5:21	1.1	11:55	0.2			5:33	8:06	
19	Sat	5:37	1.1	6:18	1.2	12:28	0.3	12:52	0.1	5:32	8:07	
20	Sun	6:40	1.1	7:17	1.3	1:34	0.2	1:46	0.0	5:32	8:07	
21	Mon	7:45	1.1	8:15	1.4	2:33	0.1	2:38	0.0	5:31	8:08	
22	Tue	8:45	1.2	9:10	1.5	3:29	0.0	3:30	-0.1	5:30	8:09	
23	Wed	9:41	1.2	10:02	1.5	4:25	-0.1	4:23	-0.1	5:29	8:10	
24	Thu	10:35	1.2	10:53	1.5	5:21	-0.1	5:18	-0.1	5:29	8:11	
25	Fri	11:29	1.2	11:46	1.5	6:15	-0.2	6:13	-0.1	5:28	8:12	
26	Sat			12:25	1.2	7:07	-0.1	7:06	0.0	5:27	8:13	
27	Sun	12:40	1.5	1:24	1.2	7:58	-0.1	7:58	0.0	5:27	8:14	
28	Mon	1:38	1.4	2:24	1.2	8:48	-0.1	8:52	0.1	5:26	8:14	
29	Tue	2:36	1.3	3:22	1.2	9:42	0.0	9:50	0.2	5:26	8:15	
30	Wed	3:32	1.2	4:16	1.2	10:38	0.1	10:53	0.2	5:25	8:16	
31	Thu	4:25	1.2	5:07	1.2	11:34	0.1	11:58	0.3	5:25	8:17	