US HARBORS www.USHarbors.com

Gilgo Heading, NY - Jul 1990

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