US HARBORS www.USHarbors.com

Gilgo Heading, NY - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:36	0.9	7:08	1.2	1:33	0.3	1:27	0.3	5:50	8:09	
2	Thu	7:38	0.9	8:03	1.2	2:24	0.3	2:18	0.3	5:51	8:08	
3	Fri	8:34	1.0	8:53	1.2	3:12	0.2	3:07	0.2	5:52	8:07	
4	Sat	9:22	1.0	9:36	1.3	3:58	0.2	3:54	0.2	5:53	8:06	
5	Sun	10:04	1.1	10:16	1.3	4:42	0.1	4:40	0.2	5:54	8:04	
6	Mon	10:43	1.1	10:54	1.3	5:25	0.0	5:26	0.1	5:55	8:03	
7	Tue	11:21	1.2	11:32	1.3	6:05	0.0	6:11	0.1	5:56	8:02	
8	Wed			12:00	1.2	6:43	0.0	6:54	0.1	5:57	8:01	
9	Thu	12:11	1.3	12:40	1.2	7:20	0.0	7:37	0.1	5:58	7:59	
10	Fri	12:55	1.3	1:25	1.3	7:57	0.0	8:22	0.1	5:59	7:58	
11	Sat	1:43	1.2	2:16	1.3	8:35	0.0	9:12	0.2	6:00	7:57	
12	Sun	2:37	1.2	3:11	1.3	9:19	0.1	10:13	0.2	6:01	7:56	
13	Mon	3:36	1.1	4:08	1.3	10:14	0.1	11:26	0.2	6:02	7:54	
14	Tue	4:36	1.1	5:07	1.3	11:21	0.1			6:03	7:53	
15	Wed	5:40	1.0	6:12	1.3	12:40	0.2	12:34	0.2	6:03	7:52	
16	Thu	6:50	1.1	7:21	1.3	1:46	0.2	1:42	0.1	6:04	7:50	
17	Fri	7:59	1.1	8:25	1.4	2:45	0.1	2:43	0.1	6:05	7:49	
18	Sat	9:00	1.2	9:21	1.4	3:39	0.0	3:40	0.1	6:06	7:47	
19	Sun	9:53	1.2	10:10	1.4	4:30	0.0	4:34	0.0	6:07	7:46	
20	Mon	10:41	1.3	10:55	1.4	5:18	-0.1	5:25	0.0	6:08	7:44	
21	Tue	11:26	1.3	11:38	1.4	6:03	-0.1	6:13	0.0	6:09	7:43	
22	Wed			12:10	1.3	6:44	0.0	6:58	0.0	6:10	7:42	
23	Thu	12:21	1.3	12:53	1.3	7:22	0.0	7:39	0.1	6:11	7:40	
24	Fri	1:04	1.2	1:36	1.3	7:57	0.1	8:20	0.2	6:12	7:39	
25	Sat	1:48	1.1	2:21	1.2	8:31	0.1	9:02	0.2	6:13	7:37	
26	Sun	2:34	1.1	3:06	1.2	9:07	0.2	9:49	0.3	6:14	7:35	
27	Mon	3:23	1.0	3:53	1.1	9:46	0.3	10:46	0.3	6:15	7:34	
28	Tue	4:12	1.0	4:40	1.1	10:39	0.3	11:52	0.4	6:16	7:32	
29	Wed	5:04	0.9	5:31	1.1	11:45	0.4			6:17	7:31	
30	Thu	6:00	0.9	6:27	1.1	12:55	0.3	12:51	0.4	6:18	7:29	
31	Fri	7:02	0.9	7:26	1.2	1:51	0.3	1:49	0.3	6:19	7:28	