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# Gilgo Heading, NY - Oct 1990

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 8:12 | 1.1 | 8:30 | 1.3 | 2:46 | 0.2 | 3:01 | 0.2 | 6:50 | 6:36 | |
| 2 | Tue | 8:58 | 1.2 | 9:16 | 1.3 | 3:29 | 0.1 | 3:50 | 0.1 | 6:51 | 6:34 | |
| 3 | Wed | 9:40 | 1.3 | 10:00 | 1.3 | 4:11 | 0.0 | 4:38 | 0.0 | 6:52 | 6:33 | |
| 4 | Thu | 10:21 | 1.4 | 10:44 | 1.4 | 4:54 | 0.0 | 5:28 | 0.0 | 6:53 | 6:31 | |
| 5 | Fri | 11:04 | 1.5 | 11:29 | 1.3 | 5:38 | -0.1 | 6:17 | -0.1 | 6:54 | 6:29 | |
| 6 | Sat | 11:49 | 1.5 | | | 6:23 | -0.1 | 7:06 | 0.0 | 6:55 | 6:28 | |
| 7 | Sun | 12:19 | 1.3 | 12:39 | 1.5 | 7:08 | 0.0 | 7:56 | 0.0 | 6:56 | 6:26 | |
| 8 | Mon | 1:13 | 1.2 | 1:35 | 1.4 | 7:56 | 0.0 | 8:49 | 0.1 | 6:57 | 6:25 | |
| 9 | Tue | 2:15 | 1.2 | 2:37 | 1.4 | 8:47 | 0.1 | 9:50 | 0.1 | 6:58 | 6:23 | |
| 10 | Wed | 3:20 | 1.1 | 3:42 | 1.3 | 9:49 | 0.2 | 11:00 | 0.2 | 6:59 | 6:21 | |
| 11 | Thu | 4:24 | 1.1 | 4:45 | 1.3 | 11:02 | 0.2 | | | 7:00 | 6:20 | |
| 12 | Fri | 5:26 | 1.1 | 5:47 | 1.2 | 12:10 | 0.2 | 12:17 | 0.2 | 7:01 | 6:18 | |
| 13 | Sat | 6:29 | 1.1 | 6:49 | 1.2 | 1:13 | 0.1 | 1:24 | 0.2 | 7:02 | 6:17 | |
| 14 | Sun | 7:29 | 1.2 | 7:49 | 1.2 | 2:07 | 0.1 | 2:21 | 0.2 | 7:03 | 6:15 | |
| 15 | Mon | 8:24 | 1.3 | 8:41 | 1.2 | 2:54 | 0.1 | 3:11 | 0.1 | 7:04 | 6:14 | |
| 16 | Tue | 9:10 | 1.3 | 9:26 | 1.2 | 3:36 | 0.0 | 3:58 | 0.1 | 7:05 | 6:12 | |
| 17 | Wed | 9:51 | 1.4 | 10:06 | 1.2 | 4:17 | 0.0 | 4:43 | 0.1 | 7:06 | 6:11 | |
| 18 | Thu | 10:29 | 1.4 | 10:45 | 1.2 | 4:56 | 0.1 | 5:26 | 0.1 | 7:07 | 6:09 | |
| 19 | Fri | 11:05 | 1.4 | 11:23 | 1.2 | 5:33 | 0.1 | 6:07 | 0.1 | 7:08 | 6:08 | |
| 20 | Sat | 11:41 | 1.3 | | | 6:10 | 0.1 | 6:47 | 0.1 | 7:10 | 6:06 | |
| 21 | Sun | 12:01 | 1.1 | 12:17 | 1.3 | 6:46 | 0.2 | 7:25 | 0.1 | 7:11 | 6:05 | |
| 22 | Mon | 12:41 | 1.1 | 12:54 | 1.2 | 7:20 | 0.2 | 8:02 | 0.2 | 7:12 | 6:03 | |
| 23 | Tue | 1:23 | 1.0 | 1:35 | 1.2 | 7:53 | 0.3 | 8:41 | 0.2 | 7:13 | 6:02 | |
| 24 | Wed | 2:12 | 1.0 | 2:22 | 1.1 | 8:28 | 0.3 | 9:26 | 0.3 | 7:14 | 6:01 | |
| 25 | Thu | 3:05 | 0.9 | 3:14 | 1.1 | 9:09 | 0.4 | 10:21 | 0.3 | 7:15 | 5:59 | |
| 26 | Fri | 3:58 | 0.9 | 4:07 | 1.1 | 10:08 | 0.4 | 11:24 | 0.3 | 7:16 | 5:58 | |
| 27 | Sat | 4:50 | 0.9 | 5:00 | 1.1 | 11:28 | 0.4 | | | 7:17 | 5:56 | |
| 28 | Sun | 4:41 | 1.0 | 4:55 | 1.1 | 12:24 | 0.3 | 11:40 AM | 0.3 | 6:19 | 4:55 | |
| 29 | Mon | 5:36 | 1.1 | 5:54 | 1.1 | 12:17 | 0.2 | 12:40 | 0.3 | 6:20 | 4:54 | |
| 30 | Tue | 6:30 | 1.2 | 6:52 | 1.2 | 1:04 | 0.1 | 1:34 | 0.2 | 6:21 | 4:53 | |
| 31 | Wed | 7:22 | 1.3 | 7:45 | 1.2 | 1:50 | 0.0 | 2:25 | 0.1 | 6:22 | 4:51 | |