



Gilgo Heading, NY - Jan 1991

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 10:06 | 1.4 | 10:41 | 1.2 | 4:32 | -0.2 | 5:23 | -0.3 | 7:17 | 4:36 | ☉ |
| 2 | Wed | 10:58 | 1.4 | 11:34 | 1.2 | 5:26 | -0.2 | 6:12 | -0.3 | 7:17 | 4:37 | ☉ |
| 3 | Thu | 11:49 | 1.3 | | | 6:17 | -0.2 | 6:58 | -0.3 | 7:17 | 4:38 | ☉ |
| 4 | Fri | 12:28 | 1.2 | 12:42 | 1.2 | 7:07 | -0.1 | 7:44 | -0.2 | 7:17 | 4:39 | ☾ |
| 5 | Sat | 1:22 | 1.1 | 1:35 | 1.2 | 7:57 | 0.0 | 8:31 | -0.1 | 7:17 | 4:40 | ☾ |
| 6 | Sun | 2:15 | 1.1 | 2:27 | 1.1 | 8:50 | 0.0 | 9:20 | 0.0 | 7:17 | 4:41 | ☾ |
| 7 | Mon | 3:06 | 1.1 | 3:17 | 1.0 | 9:50 | 0.1 | 10:13 | 0.0 | 7:17 | 4:42 | ☾ |
| 8 | Tue | 3:55 | 1.1 | 4:07 | 0.9 | 10:53 | 0.1 | 11:07 | 0.1 | 7:17 | 4:43 | ☾ |
| 9 | Wed | 4:44 | 1.0 | 4:59 | 0.8 | 11:54 | 0.2 | | | 7:17 | 4:44 | ☾ |
| 10 | Thu | 5:36 | 1.0 | 5:57 | 0.8 | 12:01 | 0.1 | 12:50 | 0.1 | 7:16 | 4:45 | ☾ |
| 11 | Fri | 6:31 | 1.0 | 6:56 | 0.8 | 12:51 | 0.1 | 1:40 | 0.1 | 7:16 | 4:46 | ☾ |
| 12 | Sat | 7:24 | 1.1 | 7:49 | 0.9 | 1:39 | 0.1 | 2:27 | 0.1 | 7:16 | 4:47 | ☾ |
| 13 | Sun | 8:11 | 1.1 | 8:35 | 0.9 | 2:25 | 0.1 | 3:12 | 0.0 | 7:16 | 4:48 | ☾ |
| 14 | Mon | 8:52 | 1.1 | 9:17 | 0.9 | 3:09 | 0.0 | 3:55 | 0.0 | 7:15 | 4:49 | ☾ |
| 15 | Tue | 9:31 | 1.2 | 9:56 | 1.0 | 3:54 | 0.0 | 4:37 | -0.1 | 7:15 | 4:50 | ☾ |
| 16 | Wed | 10:07 | 1.2 | 10:32 | 1.0 | 4:37 | 0.0 | 5:16 | -0.1 | 7:14 | 4:51 | ☾ |
| 17 | Thu | 10:42 | 1.2 | 11:08 | 1.0 | 5:17 | 0.0 | 5:53 | -0.1 | 7:14 | 4:52 | ☾ |
| 18 | Fri | 11:17 | 1.1 | 11:44 | 1.0 | 5:56 | 0.0 | 6:27 | -0.1 | 7:13 | 4:54 | ☾ |
| 19 | Sat | 11:53 | 1.1 | | | 6:33 | 0.0 | 7:00 | -0.1 | 7:13 | 4:55 | ☾ |
| 20 | Sun | 12:21 | 1.0 | 12:33 | 1.1 | 7:10 | 0.0 | 7:33 | -0.1 | 7:12 | 4:56 | ☾ |
| 21 | Mon | 1:04 | 1.0 | 1:20 | 1.0 | 7:52 | 0.0 | 8:10 | -0.1 | 7:12 | 4:57 | ☾ |
| 22 | Tue | 1:54 | 1.1 | 2:14 | 1.0 | 8:45 | 0.1 | 8:56 | 0.0 | 7:11 | 4:58 | ☾ |
| 23 | Wed | 2:48 | 1.1 | 3:13 | 0.9 | 9:55 | 0.1 | 9:58 | 0.0 | 7:10 | 4:59 | ☾ |
| 24 | Thu | 3:45 | 1.1 | 4:15 | 0.9 | 11:14 | 0.1 | 11:10 | 0.0 | 7:10 | 5:01 | ☾ |
| 25 | Fri | 4:48 | 1.1 | 5:24 | 0.9 | | | 12:26 | 0.0 | 7:09 | 5:02 | ☾ |
| 26 | Sat | 5:58 | 1.2 | 6:38 | 0.9 | 12:21 | 0.0 | 1:29 | 0.0 | 7:08 | 5:03 | ☾ |
| 27 | Sun | 7:08 | 1.2 | 7:44 | 1.0 | 1:26 | -0.1 | 2:27 | -0.1 | 7:07 | 5:04 | ☉ |
| 28 | Mon | 8:08 | 1.3 | 8:41 | 1.1 | 2:26 | -0.2 | 3:22 | -0.2 | 7:07 | 5:05 | ☉ |
| 29 | Tue | 9:02 | 1.3 | 9:34 | 1.2 | 3:23 | -0.2 | 4:14 | -0.3 | 7:06 | 5:07 | ☉ |
| 30 | Wed | 9:52 | 1.4 | 10:23 | 1.2 | 4:18 | -0.2 | 5:03 | -0.3 | 7:05 | 5:08 | ☉ |
| 31 | Thu | 10:40 | 1.3 | 11:12 | 1.2 | 5:11 | -0.2 | 5:49 | -0.3 | 7:04 | 5:09 | ☉ |