

Gilgo Heading, NY - Jun 2000

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