

Gilgo Heading, NY - Jul 2003

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | | | 12:10 | 1.0 | 6:57 | 0.0 | 6:44 | 0.2 | 5:26 | 8:28 | ● |
| 2 | Wed | 12:04 | 1.3 | 12:54 | 1.0 | 7:36 | 0.0 | 7:25 | 0.2 | 5:26 | 8:28 | ● |
| 3 | Thu | 12:46 | 1.3 | 1:40 | 1.1 | 8:14 | 0.0 | 8:08 | 0.2 | 5:27 | 8:28 | ◐ |
| 4 | Fri | 1:34 | 1.3 | 2:31 | 1.1 | 8:54 | 0.1 | 8:55 | 0.2 | 5:27 | 8:27 | ◐ |
| 5 | Sat | 2:27 | 1.2 | 3:22 | 1.1 | 9:38 | 0.1 | 9:52 | 0.2 | 5:28 | 8:27 | ◐ |
| 6 | Sun | 3:23 | 1.2 | 4:14 | 1.2 | 10:29 | 0.1 | 11:00 | 0.2 | 5:29 | 8:27 | ◐ |
| 7 | Mon | 4:19 | 1.2 | 5:07 | 1.3 | 11:27 | 0.1 | | | 5:29 | 8:27 | ◑ |
| 8 | Tue | 5:16 | 1.1 | 6:03 | 1.3 | 12:12 | 0.2 | 12:27 | 0.1 | 5:30 | 8:26 | ◑ |
| 9 | Wed | 6:19 | 1.1 | 7:04 | 1.4 | 1:19 | 0.1 | 1:27 | 0.0 | 5:31 | 8:26 | ◑ |
| 10 | Thu | 7:27 | 1.1 | 8:06 | 1.4 | 2:21 | 0.1 | 2:24 | 0.0 | 5:31 | 8:26 | ◒ |
| 11 | Fri | 8:33 | 1.1 | 9:04 | 1.5 | 3:19 | 0.0 | 3:20 | 0.0 | 5:32 | 8:25 | ◒ |
| 12 | Sat | 9:32 | 1.2 | 9:57 | 1.5 | 4:14 | 0.0 | 4:16 | 0.0 | 5:33 | 8:25 | ◒ |
| 13 | Sun | 10:26 | 1.2 | 10:48 | 1.5 | 5:09 | -0.1 | 5:11 | 0.0 | 5:33 | 8:24 | ◒ |
| 14 | Mon | 11:19 | 1.2 | 11:37 | 1.4 | 6:01 | -0.1 | 6:05 | 0.0 | 5:34 | 8:24 | ◒ |
| 15 | Tue | | | 12:11 | 1.2 | 6:50 | -0.1 | 6:55 | 0.1 | 5:35 | 8:23 | ◒ |
| 16 | Wed | 12:27 | 1.4 | 1:02 | 1.2 | 7:35 | -0.1 | 7:43 | 0.1 | 5:36 | 8:23 | ◒ |
| 17 | Thu | 1:16 | 1.3 | 1:54 | 1.2 | 8:17 | 0.0 | 8:28 | 0.2 | 5:36 | 8:22 | ◒ |
| 18 | Fri | 2:06 | 1.3 | 2:44 | 1.1 | 8:59 | 0.0 | 9:16 | 0.2 | 5:37 | 8:21 | ◒ |
| 19 | Sat | 2:55 | 1.2 | 3:32 | 1.1 | 9:41 | 0.1 | 10:08 | 0.3 | 5:38 | 8:21 | ◒ |
| 20 | Sun | 3:43 | 1.1 | 4:17 | 1.1 | 10:26 | 0.2 | 11:06 | 0.3 | 5:39 | 8:20 | ◒ |
| 21 | Mon | 4:29 | 1.0 | 5:01 | 1.1 | 11:14 | 0.2 | | | 5:40 | 8:19 | ◑ |
| 22 | Tue | 5:16 | 1.0 | 5:46 | 1.1 | 12:07 | 0.3 | 12:04 | 0.2 | 5:41 | 8:18 | ◑ |
| 23 | Wed | 6:07 | 1.0 | 6:35 | 1.1 | 1:05 | 0.3 | 12:55 | 0.3 | 5:42 | 8:18 | ◑ |
| 24 | Thu | 7:03 | 0.9 | 7:28 | 1.2 | 1:58 | 0.3 | 1:45 | 0.3 | 5:42 | 8:17 | ◑ |
| 25 | Fri | 8:02 | 1.0 | 8:19 | 1.2 | 2:48 | 0.2 | 2:33 | 0.2 | 5:43 | 8:16 | ◑ |
| 26 | Sat | 8:54 | 1.0 | 9:05 | 1.3 | 3:35 | 0.2 | 3:20 | 0.2 | 5:44 | 8:15 | ◑ |
| 27 | Sun | 9:41 | 1.0 | 9:47 | 1.3 | 4:21 | 0.1 | 4:07 | 0.2 | 5:45 | 8:14 | ◑ |
| 28 | Mon | 10:23 | 1.1 | 10:27 | 1.3 | 5:06 | 0.1 | 4:54 | 0.2 | 5:46 | 8:13 | ◑ |
| 29 | Tue | 11:04 | 1.1 | 11:07 | 1.4 | 5:50 | 0.0 | 5:41 | 0.1 | 5:47 | 8:12 | ● |
| 30 | Wed | 11:46 | 1.1 | 11:47 | 1.4 | 6:32 | 0.0 | 6:26 | 0.1 | 5:48 | 8:11 | ● |
| 31 | Thu | | | 12:29 | 1.2 | 7:12 | 0.0 | 7:11 | 0.1 | 5:49 | 8:10 | ● |