

































## Gilgo Heading, NY - Mar 2004

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