






























Gilgo Heading, NY - May 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:47	1.2	4:33	1.1	11:04	0.1	11:15	0.2	5:51	7:49	
2	Sat	4:47	1.2	5:32	1.1			12:08	0.1	5:50	7:50	
3	Sun	5:47	1.2	6:32	1.2	12:27	0.2	1:08	0.0	5:49	7:51	
4	Mon	6:49	1.1	7:31	1.2	1:32	0.1	2:01	0.0	5:48	7:52	
5	Tue	7:49	1.1	8:25	1.3	2:29	0.1	2:49	0.0	5:46	7:53	
6	Wed	8:44	1.1	9:12	1.3	3:21	0.0	3:34	0.0	5:45	7:54	
7	Thu	9:32	1.1	9:55	1.4	4:09	0.0	4:17	0.0	5:44	7:55	
8	Fri	10:16	1.1	10:35	1.4	4:56	0.0	5:00	0.0	5:43	7:56	
9	Sat	10:58	1.1	11:14	1.3	5:41	0.0	5:42	0.1	5:42	7:57	
10	Sun	11:40	1.1	11:53	1.3	6:24	0.0	6:22	0.1	5:41	7:58	
11	Mon			12:23	1.0	7:04	0.0	7:01	0.2	5:40	7:59	
12	Tue	12:33	1.3	1:07	1.0	7:43	0.1	7:38	0.2	5:39	8:00	
13	Wed	1:15	1.2	1:55	1.0	8:21	0.1	8:15	0.3	5:38	8:01	
14	Thu	1:59	1.1	2:45	1.0	9:01	0.2	8:55	0.3	5:37	8:02	
15	Fri	2:47	1.1	3:34	1.0	9:45	0.2	9:44	0.4	5:36	8:03	
16	Sat	3:36	1.1	4:21	1.0	10:35	0.2	10:48	0.4	5:35	8:04	
17	Sun	4:23	1.0	5:06	1.0	11:31	0.2	11:59	0.4	5:34	8:05	
18	Mon	5:12	1.0	5:53	1.1			12:25	0.2	5:33	8:06	
19	Tue	6:05	1.0	6:44	1.1	1:02	0.3	1:15	0.2	5:32	8:07	
20	Wed	7:04	1.0	7:36	1.2	1:58	0.2	2:03	0.1	5:31	8:08	
21	Thu	8:02	1.1	8:27	1.3	2:50	0.2	2:49	0.1	5:31	8:09	
22	Fri	8:56	1.1	9:15	1.4	3:41	0.1	3:36	0.0	5:30	8:10	
23	Sat	9:47	1.1	10:02	1.5	4:32	0.0	4:26	0.0	5:29	8:11	
24	Sun	10:36	1.2	10:50	1.5	5:25	-0.1	5:18	0.0	5:28	8:11	
25	Mon	11:28	1.2	11:40	1.5	6:17	-0.1	6:11	0.0	5:28	8:12	
26	Tue			12:22	1.2	7:07	-0.1	7:03	0.0	5:27	8:13	
27	Wed	12:34	1.5	1:20	1.2	7:57	-0.1	7:56	0.0	5:27	8:14	
28	Thu	1:32	1.4	2:21	1.2	8:48	-0.1	8:51	0.1	5:26	8:15	
29	Fri	2:33	1.3	3:21	1.2	9:42	0.0	9:52	0.1	5:26	8:16	
30	Sat	3:33	1.3	4:18	1.2	10:40	0.0	11:00	0.2	5:25	8:16	
31	Sun	4:29	1.2	5:13	1.2	11:40	0.0			5:25	8:17	