
































Gilgo Heading, NY - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:29	1.3	8:52	1.2	2:53	0.1	3:35	0.1	6:24	4:50	
2	Mon	9:06	1.4	9:33	1.2	3:34	0.0	4:21	0.0	6:25	4:48	
3	Tue	9:45	1.4	10:16	1.2	4:17	0.0	5:08	0.0	6:26	4:47	
4	Wed	10:27	1.4	11:02	1.1	5:02	0.0	5:55	0.0	6:27	4:46	
5	Thu	11:13	1.4	11:54	1.1	5:47	0.0	6:42	0.0	6:28	4:45	
6	Fri			12:06	1.4	6:34	0.0	7:31	0.0	6:29	4:44	
7	Sat	12:54	1.1	1:07	1.3	7:25	0.1	8:26	0.1	6:31	4:43	
8	Sun	1:58	1.1	2:12	1.3	8:24	0.1	9:28	0.1	6:32	4:42	
9	Mon	3:01	1.1	3:15	1.2	9:35	0.2	10:34	0.1	6:33	4:41	
10	Tue	4:01	1.1	4:15	1.2	10:51	0.2	11:36	0.1	6:34	4:40	
11	Wed	5:00	1.2	5:16	1.2			12:00	0.1	6:35	4:39	
12	Thu	5:59	1.3	6:17	1.2	12:32	0.0	1:00	0.1	6:37	4:38	
13	Fri	6:56	1.3	7:15	1.2	1:22	0.0	1:55	0.0	6:38	4:37	
14	Sat	7:47	1.4	8:07	1.2	2:09	0.0	2:45	0.0	6:39	4:36	
15	Sun	8:33	1.4	8:54	1.2	2:54	0.0	3:33	0.0	6:40	4:35	
16	Mon	9:16	1.4	9:38	1.1	3:39	0.0	4:20	0.0	6:41	4:35	
17	Tue	9:57	1.4	10:21	1.1	4:23	0.0	5:06	0.0	6:42	4:34	
18	Wed	10:38	1.3	11:04	1.1	5:05	0.1	5:48	0.0	6:44	4:33	
19	Thu	11:19	1.3	11:49	1.0	5:46	0.1	6:29	0.0	6:45	4:32	
20	Fri			12:02	1.2	6:25	0.2	7:08	0.1	6:46	4:32	
21	Sat	12:37	1.0	12:48	1.1	7:04	0.2	7:48	0.1	6:47	4:31	
22	Sun	1:28	0.9	1:36	1.1	7:44	0.3	8:31	0.2	6:48	4:31	
23	Mon	2:19	0.9	2:26	1.0	8:31	0.3	9:20	0.2	6:49	4:30	
24	Tue	3:07	0.9	3:14	1.0	9:31	0.4	10:14	0.2	6:50	4:29	
25	Wed	3:54	1.0	4:01	1.0	10:41	0.4	11:08	0.2	6:51	4:29	
26	Thu	4:40	1.0	4:51	1.0	11:45	0.3	11:59	0.2	6:53	4:28	
27	Fri	5:28	1.1	5:46	1.0			12:41	0.2	6:54	4:28	
28	Sat	6:19	1.1	6:43	1.0	12:46	0.1	1:32	0.2	6:55	4:28	
29	Sun	7:09	1.2	7:36	1.0	1:31	0.1	2:21	0.1	6:56	4:27	
30	Mon	7:55	1.3	8:25	1.1	2:17	0.0	3:10	0.0	6:57	4:27	