

































Gilgo Heading, NY - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:19	1.4	10:49	1.4	4:54	-0.3	5:23	-0.3	6:27	5:44	
2	Tue	11:08	1.3	11:38	1.3	5:45	-0.3	6:08	-0.3	6:25	5:45	
3	Wed	11:57	1.2			6:33	-0.3	6:52	-0.2	6:23	5:46	
4	Thu	12:28	1.3	12:49	1.1	7:21	-0.2	7:35	-0.1	6:22	5:48	
5	Fri	1:19	1.2	1:43	1.0	8:10	-0.1	8:21	0.0	6:20	5:49	
6	Sat	2:12	1.2	2:38	1.0	9:05	0.0	9:14	0.1	6:19	5:50	
7	Sun	3:06	1.1	3:33	0.9	10:08	0.1	10:18	0.2	6:17	5:51	
8	Mon	3:59	1.0	4:29	0.9	11:15	0.2	11:25	0.2	6:16	5:52	
9	Tue	4:55	1.0	5:28	0.8			12:16	0.2	6:14	5:53	
10	Wed	5:56	1.0	6:30	0.9	12:27	0.2	1:10	0.1	6:12	5:54	
11	Thu	6:55	1.0	7:25	0.9	1:21	0.2	1:56	0.1	6:11	5:55	
12	Fri	7:45	1.0	8:11	1.0	2:09	0.1	2:38	0.0	6:09	5:56	
13	Sat	8:29	1.1	8:51	1.1	2:53	0.1	3:18	0.0	6:08	5:57	
14	Sun	10:07	1.1	10:27	1.1	4:36	0.0	4:56	0.0	7:06	6:59	
15	Mon	10:43	1.1	11:00	1.1	5:18	0.0	5:34	-0.1	7:04	7:00	
16	Tue	11:18	1.1	11:31	1.2	5:59	0.0	6:09	-0.1	7:03	7:01	
17	Wed	11:52	1.1			6:37	0.0	6:43	0.0	7:01	7:02	
18	Thu	12:02	1.2	12:26	1.0	7:13	0.0	7:14	0.0	6:59	7:03	
19	Fri	12:33	1.2	1:03	1.0	7:50	0.0	7:46	0.0	6:58	7:04	
20	Sat	1:09	1.2	1:46	1.0	8:27	0.0	8:20	0.0	6:56	7:05	
21	Sun	1:55	1.2	2:40	0.9	9:12	0.1	9:03	0.1	6:54	7:06	
22	Mon	2:51	1.1	3:40	0.9	10:11	0.1	10:02	0.1	6:53	7:07	
23	Tue	3:54	1.1	4:43	0.9	11:27	0.1	11:23	0.1	6:51	7:08	
24	Wed	5:00	1.1	5:49	1.0			12:40	0.1	6:49	7:09	
25	Thu	6:10	1.1	6:57	1.0	12:45	0.1	1:43	0.0	6:48	7:10	
26	Fri	7:20	1.2	8:02	1.2	1:54	0.0	2:39	-0.1	6:46	7:11	
27	Sat	8:24	1.2	9:00	1.3	2:54	-0.1	3:30	-0.1	6:44	7:12	
28	Sun	9:20	1.3	9:50	1.4	3:51	-0.2	4:20	-0.2	6:43	7:13	
29	Mon	10:10	1.3	10:38	1.4	4:45	-0.2	5:08	-0.2	6:41	7:14	
30	Tue	10:59	1.3	11:25	1.4	5:37	-0.2	5:56	-0.2	6:40	7:15	
31	Wed	11:46	1.3			6:27	-0.2	6:41	-0.2	6:38	7:17	