US HARBORS www.USHarbors.com

Gilgo Heading, NY - Aug 2010

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