

































## Gilgo Heading, NY - May 2023

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