


































Gilgo Heading, NY - May 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 1:18 | 1.4 | 2:01 | 1.1 | 8:32 | -0.1 | 8:31 | 0.1 | 5:51 | 7:49 |  |
| 2 | Fri | 2:17 | 1.3 | 3:03 | 1.1 | 9:27 | 0.0 | 9:27 | 0.2 | 5:50 | 7:50 |  |
| 3 | Sat | 3:18 | 1.2 | 4:03 | 1.1 | 10:29 | 0.1 | 10:32 | 0.2 | 5:49 | 7:51 |  |
| 4 | Sun | 4:16 | 1.2 | 5:00 | 1.1 | 11:33 | 0.1 | 11:43 | 0.3 | 5:47 | 7:52 |  |
| 5 | Mon | 5:12 | 1.1 | 5:55 | 1.1 | | | 12:34 | 0.1 | 5:46 | 7:53 |  |
| 6 | Tue | 6:07 | 1.1 | 6:50 | 1.1 | 12:49 | 0.3 | 1:26 | 0.1 | 5:45 | 7:54 |  |
| 7 | Wed | 7:04 | 1.0 | 7:43 | 1.1 | 1:46 | 0.2 | 2:12 | 0.1 | 5:44 | 7:55 |  |
| 8 | Thu | 7:58 | 1.0 | 8:29 | 1.2 | 2:36 | 0.2 | 2:52 | 0.1 | 5:43 | 7:56 |  |
| 9 | Fri | 8:45 | 1.0 | 9:11 | 1.2 | 3:21 | 0.2 | 3:30 | 0.1 | 5:42 | 7:57 |  |
| 10 | Sat | 9:28 | 1.1 | 9:48 | 1.3 | 4:04 | 0.1 | 4:08 | 0.1 | 5:41 | 7:58 |  |
| 11 | Sun | 10:07 | 1.1 | 10:24 | 1.3 | 4:46 | 0.1 | 4:46 | 0.1 | 5:40 | 7:59 |  |
| 12 | Mon | 10:45 | 1.1 | 10:58 | 1.3 | 5:28 | 0.1 | 5:24 | 0.1 | 5:39 | 8:00 |  |
| 13 | Tue | 11:23 | 1.0 | 11:31 | 1.3 | 6:09 | 0.1 | 6:02 | 0.2 | 5:38 | 8:01 |  |
| 14 | Wed | | | 12:00 | 1.0 | 6:48 | 0.1 | 6:39 | 0.2 | 5:37 | 8:02 |  |
| 15 | Thu | 12:04 | 1.3 | 12:38 | 1.0 | 7:26 | 0.1 | 7:14 | 0.2 | 5:36 | 8:03 |  |
| 16 | Fri | 12:39 | 1.2 | 1:20 | 1.0 | 8:04 | 0.1 | 7:48 | 0.2 | 5:35 | 8:04 |  |
| 17 | Sat | 1:20 | 1.2 | 2:08 | 0.9 | 8:43 | 0.1 | 8:26 | 0.3 | 5:34 | 8:05 |  |
| 18 | Sun | 2:10 | 1.2 | 3:02 | 1.0 | 9:27 | 0.2 | 9:14 | 0.3 | 5:33 | 8:06 |  |
| 19 | Mon | 3:06 | 1.2 | 3:56 | 1.0 | 10:20 | 0.2 | 10:21 | 0.3 | 5:32 | 8:07 |  |
| 20 | Tue | 4:04 | 1.2 | 4:49 | 1.1 | 11:20 | 0.2 | 11:42 | 0.3 | 5:31 | 8:08 |  |
| 21 | Wed | 5:02 | 1.2 | 5:45 | 1.1 | | | 12:20 | 0.1 | 5:31 | 8:09 |  |
| 22 | Thu | 6:03 | 1.1 | 6:44 | 1.2 | 12:54 | 0.2 | 1:16 | 0.1 | 5:30 | 8:10 |  |
| 23 | Fri | 7:07 | 1.2 | 7:44 | 1.3 | 1:58 | 0.1 | 2:09 | 0.0 | 5:29 | 8:11 |  |
| 24 | Sat | 8:11 | 1.2 | 8:40 | 1.4 | 2:56 | 0.0 | 3:01 | -0.1 | 5:28 | 8:12 |  |
| 25 | Sun | 9:09 | 1.2 | 9:33 | 1.5 | 3:52 | 0.0 | 3:52 | -0.1 | 5:28 | 8:12 |  |
| 26 | Mon | 10:03 | 1.2 | 10:24 | 1.5 | 4:48 | -0.1 | 4:45 | -0.1 | 5:27 | 8:13 |  |
| 27 | Tue | 10:57 | 1.2 | 11:14 | 1.5 | 5:43 | -0.1 | 5:40 | -0.1 | 5:27 | 8:14 |  |
| 28 | Wed | 11:51 | 1.2 | | | 6:36 | -0.1 | 6:33 | 0.0 | 5:26 | 8:15 |  |
| 29 | Thu | 12:07 | 1.5 | 12:47 | 1.2 | 7:27 | -0.1 | 7:24 | 0.0 | 5:25 | 8:16 |  |
| 30 | Fri | 1:01 | 1.4 | 1:46 | 1.1 | 8:16 | -0.1 | 8:15 | 0.1 | 5:25 | 8:16 |  |
| 31 | Sat | 1:57 | 1.3 | 2:45 | 1.1 | 9:07 | 0.0 | 9:08 | 0.2 | 5:25 | 8:17 |  |