

































Gilgo Heading, NY - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:40	1.1	10:57	1.3	5:21	0.0	5:24	0.1	5:51	7:49	
2	Sat	11:19	1.1	11:33	1.3	6:03	0.0	6:01	0.1	5:50	7:50	
3	Sun	11:58	1.0			6:42	0.0	6:38	0.1	5:49	7:51	
4	Mon	12:08	1.3	12:38	1.0	7:20	0.1	7:13	0.2	5:48	7:52	
5	Tue	12:45	1.2	1:21	1.0	7:57	0.1	7:47	0.2	5:46	7:53	
6	Wed	1:24	1.2	2:07	0.9	8:35	0.1	8:22	0.3	5:45	7:54	
7	Thu	2:07	1.1	2:58	0.9	9:16	0.2	9:01	0.3	5:44	7:55	
8	Fri	2:57	1.1	3:48	0.9	10:04	0.2	9:55	0.4	5:43	7:56	
9	Sat	3:48	1.1	4:36	0.9	11:02	0.2	11:10	0.4	5:42	7:57	
10	Sun	4:41	1.1	5:25	1.0			12:01	0.2	5:41	7:58	
11	Mon	5:35	1.1	6:18	1.1	12:24	0.3	12:56	0.2	5:40	7:59	
12	Tue	6:35	1.1	7:14	1.2	1:28	0.3	1:46	0.1	5:39	8:00	
13	Wed	7:37	1.1	8:08	1.3	2:25	0.2	2:34	0.0	5:38	8:01	
14	Thu	8:35	1.1	8:59	1.4	3:18	0.1	3:21	0.0	5:37	8:02	
15	Fri	9:28	1.2	9:47	1.5	4:11	0.0	4:10	-0.1	5:36	8:03	
16	Sat	10:19	1.2	10:36	1.5	5:05	-0.1	5:02	-0.1	5:35	8:04	
17	Sun	11:11	1.2	11:26	1.5	5:59	-0.1	5:55	-0.1	5:34	8:05	
18	Mon			12:05	1.2	6:51	-0.1	6:48	-0.1	5:33	8:06	
19	Tue	12:20	1.5	1:03	1.2	7:43	-0.1	7:40	0.0	5:32	8:07	
20	Wed	1:18	1.4	2:05	1.2	8:34	-0.1	8:35	0.1	5:32	8:08	
21	Thu	2:19	1.3	3:07	1.2	9:29	0.0	9:34	0.1	5:31	8:09	
22	Fri	3:20	1.3	4:06	1.2	10:29	0.0	10:41	0.2	5:30	8:10	
23	Sat	4:17	1.2	5:01	1.2	11:30	0.1	11:50	0.2	5:29	8:10	
24	Sun	5:12	1.2	5:55	1.2			12:28	0.1	5:29	8:11	
25	Mon	6:07	1.1	6:49	1.2	12:54	0.2	1:19	0.1	5:28	8:12	
26	Tue	7:03	1.1	7:41	1.2	1:51	0.2	2:06	0.1	5:27	8:13	
27	Wed	7:58	1.0	8:29	1.3	2:42	0.2	2:49	0.1	5:27	8:14	
28	Thu	8:48	1.0	9:12	1.3	3:28	0.1	3:29	0.1	5:26	8:15	
29	Fri	9:33	1.0	9:52	1.3	4:12	0.1	4:09	0.1	5:26	8:15	
30	Sat	10:15	1.0	10:29	1.3	4:56	0.1	4:50	0.2	5:25	8:16	
31	Sun	10:56	1.0	11:06	1.3	5:39	0.1	5:32	0.2	5:25	8:17	