



## Gilgo Heading, NY - Jul 2026

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