

































## Gilgo Heading, NY - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:44	1.2	9:13	1.0	3:04	0.0	3:57	-0.1	7:17	4:36	
2	Sun	9:22	1.2	9:54	1.0	3:49	0.0	4:42	-0.1	7:17	4:37	
3	Mon	10:01	1.3	10:36	1.0	4:33	-0.1	5:25	-0.1	7:17	4:38	
4	Tue	10:41	1.3	11:19	1.0	5:18	-0.1	6:07	-0.1	7:17	4:39	
5	Wed	11:24	1.3			6:02	-0.1	6:49	-0.2	7:17	4:40	
6	Thu	12:07	1.0	12:13	1.2	6:46	-0.1	7:31	-0.1	7:17	4:41	
7	Fri	1:00	1.0	1:07	1.2	7:34	-0.1	8:18	-0.1	7:17	4:42	
8	Sat	1:56	1.1	2:05	1.1	8:29	0.0	9:11	-0.1	7:16	4:43	
9	Sun	2:52	1.1	3:03	1.1	9:35	0.0	10:11	-0.1	7:16	4:44	
10	Mon	3:49	1.1	4:02	1.0	10:48	0.0	11:14	-0.1	7:16	4:45	
11	Tue	4:47	1.2	5:04	1.0	11:58	0.0			7:16	4:46	
12	Wed	5:48	1.2	6:10	1.0	12:15	-0.1	1:01	0.0	7:16	4:47	
13	Thu	6:50	1.2	7:15	1.0	1:13	-0.1	1:59	-0.1	7:15	4:48	
14	Fri	7:48	1.3	8:13	1.0	2:07	-0.1	2:53	-0.1	7:15	4:49	
15	Sat	8:40	1.3	9:05	1.1	3:00	-0.1	3:45	-0.2	7:15	4:50	
16	Sun	9:28	1.3	9:54	1.1	3:51	-0.1	4:35	-0.2	7:14	4:51	
17	Mon	10:13	1.3	10:40	1.1	4:41	-0.1	5:21	-0.2	7:14	4:53	
18	Tue	10:58	1.3	11:26	1.0	5:27	-0.1	6:04	-0.2	7:13	4:54	
19	Wed	11:42	1.2			6:11	-0.1	6:44	-0.2	7:13	4:55	
20	Thu	12:12	1.0	12:27	1.1	6:52	0.0	7:22	-0.1	7:12	4:56	
21	Fri	12:59	1.0	1:12	1.1	7:33	0.0	7:59	0.0	7:11	4:57	
22	Sat	1:45	1.0	1:58	1.0	8:16	0.1	8:39	0.0	7:11	4:58	
23	Sun	2:31	0.9	2:44	0.9	9:05	0.2	9:23	0.1	7:10	5:00	
24	Mon	3:16	0.9	3:31	0.9	10:04	0.2	10:15	0.1	7:09	5:01	
25	Tue	4:00	0.9	4:19	0.8	11:09	0.2	11:11	0.1	7:09	5:02	
26	Wed	4:47	0.9	5:13	0.8			12:10	0.2	7:08	5:03	
27	Thu	5:40	1.0	6:13	0.8	12:06	0.1	1:05	0.1	7:07	5:04	
28	Fri	6:37	1.0	7:11	0.9	12:59	0.1	1:55	0.1	7:06	5:06	
29	Sat	7:29	1.1	8:03	0.9	1:48	0.0	2:43	0.0	7:05	5:07	
30	Sun	8:16	1.2	8:48	1.0	2:36	0.0	3:30	-0.1	7:04	5:08	
31	Mon	9:00	1.2	9:32	1.0	3:25	-0.1	4:17	-0.1	7:04	5:09	