

Rockaway Beach (inside), NY - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:15	5.3	1:51	4.4	8:02	0.8	8:05	0.9	6:29	5:46	
2	Mon	2:23	5.4	3:01	4.4	9:22	0.7	9:29	0.7	6:27	5:47	
3	Tue	3:33	5.5	4:11	4.7	10:30	0.3	10:38	0.3	6:26	5:48	
4	Wed	4:42	5.8	5:17	5.2	11:29	-0.1	11:39	-0.1	6:24	5:49	
5	Thu	5:44	6.2	6:15	5.7			12:22	-0.5	6:23	5:50	
6	Fri	6:39	6.5	7:07	6.2	12:35	-0.5	1:12	-0.9	6:21	5:51	
7	Sat	7:30	6.6	7:55	6.5	1:28	-0.8	1:59	-1.1	6:19	5:52	
8	Sun	8:17	6.6	8:41	6.7	2:18	-0.9	2:43	-1.1	6:18	5:53	
9	Mon	9:03	6.4	9:25	6.6	3:06	-0.9	3:26	-1.0	6:16	5:55	
10	Tue	9:48	6.0	10:09	6.4	3:52	-0.7	4:07	-0.7	6:15	5:56	
11	Wed	10:36	5.6	10:53	6.0	4:36	-0.4	4:48	-0.2	6:13	5:57	
12	Thu	11:25	5.1	11:41	5.6	5:21	0.0	5:29	0.2	6:11	5:58	
13	Fri			12:17	4.7	6:08	0.5	6:15	0.7	6:10	5:59	
14	Sat	12:31	5.3	1:11	4.4	7:02	0.9	7:09	1.1	6:08	6:00	
15	Sun	1:25	5.0	2:08	4.3	8:07	1.2	8:14	1.3	6:07	6:01	
16	Mon	2:23	4.8	3:08	4.2	9:16	1.2	9:21	1.3	6:05	6:02	
17	Tue	3:23	4.7	4:08	4.4	10:17	1.1	10:21	1.1	6:03	6:03	
18	Wed	4:23	4.8	5:05	4.6	11:09	0.8	11:14	0.9	6:02	6:04	
19	Thu	5:17	5.0	5:56	5.0	11:54	0.5			6:00	6:05	
20	Fri	6:05	5.2	6:39	5.3	12:02	0.6	12:36	0.2	5:58	6:06	
21	Sat	6:48	5.4	7:18	5.6	12:47	0.4	1:16	0.1	5:57	6:07	
22	Sun	7:26	5.5	7:53	5.8	1:30	0.2	1:53	0.0	5:55	6:08	
23	Mon	8:02	5.5	8:26	5.9	2:12	0.1	2:29	0.0	5:53	6:10	
24	Tue	8:38	5.4	8:59	6.0	2:51	0.0	3:04	0.1	5:52	6:11	
25	Wed	9:14	5.3	9:32	6.0	3:30	0.0	3:37	0.2	5:50	6:12	
26	Thu	9:53	5.1	10:11	5.9	4:09	0.0	4:10	0.4	5:48	6:13	
27	Fri	10:38	4.9	10:58	5.8	4:50	0.2	4:46	0.6	5:47	6:14	
28	Sat	11:32	4.8	11:55	5.7	5:37	0.4	5:30	0.7	5:45	6:15	
29	Sun			12:34	4.6	6:36	0.6	6:32	0.9	5:43	6:16	
30	Mon	1:00	5.6	1:41	4.6	7:48	0.8	7:54	1.0	5:42	6:17	
31	Tue	2:07	5.6	2:48	4.8	9:03	0.6	9:14	0.8	5:40	6:18	