

Rockaway Beach (inside), NY - May 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:56	5.7	5:33	6.0	11:35	-0.1			5:54	7:50	
2	Sat	5:55	5.8	6:27	6.4	12:04	0.3	12:25	-0.3	5:52	7:51	
3	Sun	6:51	5.8	7:17	6.6	12:58	0.0	1:12	-0.3	5:51	7:52	
4	Mon	7:43	5.8	8:03	6.8	1:49	-0.2	1:58	-0.3	5:50	7:53	
5	Tue	8:31	5.8	8:47	6.8	2:37	-0.3	2:43	-0.2	5:49	7:54	
6	Wed	9:17	5.7	9:29	6.6	3:24	-0.2	3:27	0.0	5:48	7:55	
7	Thu	10:02	5.5	10:10	6.3	4:08	-0.1	4:09	0.3	5:46	7:56	
8	Fri	10:47	5.2	10:53	6.0	4:51	0.1	4:51	0.6	5:45	7:57	
9	Sat	11:34	4.9	11:37	5.6	5:34	0.4	5:32	0.8	5:44	7:58	
10	Sun			12:24	4.7	6:17	0.7	6:15	1.1	5:43	7:59	
11	Mon	12:24	5.3	1:16	4.6	7:02	0.9	7:02	1.4	5:42	8:00	
12	Tue	1:14	5.1	2:08	4.6	7:53	1.1	7:57	1.6	5:41	8:01	
13	Wed	2:05	4.9	3:00	4.6	8:48	1.1	9:00	1.6	5:40	8:02	
14	Thu	2:57	4.8	3:51	4.8	9:44	1.1	10:03	1.6	5:39	8:03	
15	Fri	3:49	4.8	4:40	5.1	10:36	0.9	11:02	1.3	5:38	8:04	
16	Sat	4:43	4.8	5:29	5.4	11:24	0.8	11:54	1.0	5:37	8:05	
17	Sun	5:38	4.9	6:15	5.7			12:09	0.6	5:36	8:06	
18	Mon	6:31	5.0	7:00	6.1	12:44	0.6	12:54	0.5	5:35	8:07	
19	Tue	7:21	5.1	7:43	6.3	1:32	0.3	1:38	0.4	5:34	8:08	
20	Wed	8:08	5.2	8:26	6.6	2:20	0.1	2:23	0.4	5:34	8:09	
21	Thu	8:54	5.3	9:10	6.7	3:09	-0.1	3:09	0.3	5:33	8:10	
22	Fri	9:41	5.3	9:57	6.7	3:57	-0.2	3:56	0.3	5:32	8:11	
23	Sat	10:30	5.3	10:47	6.6	4:46	-0.2	4:44	0.3	5:31	8:12	
24	Sun	11:23	5.3	11:41	6.4	5:35	-0.1	5:34	0.4	5:31	8:12	
25	Mon			12:21	5.3	6:25	0.0	6:28	0.5	5:30	8:13	
26	Tue	12:38	6.2	1:20	5.4	7:19	0.1	7:27	0.7	5:29	8:14	
27	Wed	1:37	6.0	2:19	5.5	8:15	0.1	8:33	0.8	5:29	8:15	
28	Thu	2:35	5.8	3:15	5.7	9:13	0.1	9:41	0.8	5:28	8:16	
29	Fri	3:33	5.6	4:11	6.0	10:10	0.1	10:45	0.7	5:28	8:17	
30	Sat	4:30	5.5	5:05	6.2	11:03	0.0	11:43	0.5	5:27	8:17	
31	Sun	5:28	5.4	5:58	6.4	11:53	0.0			5:27	8:18	