

Rockaway Beach (inside), NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:26	6.3	7:51	5.5	1:21	-0.5	1:58	-0.7	7:18	4:38	☀
2	Fri	8:11	6.3	8:35	5.5	2:07	-0.5	2:43	-0.7	7:18	4:39	☀
3	Sat	8:54	6.1	9:19	5.4	2:51	-0.4	3:25	-0.6	7:19	4:40	☀
4	Sun	9:36	5.8	10:02	5.2	3:33	-0.2	4:06	-0.4	7:19	4:40	☀
5	Mon	10:18	5.5	10:46	5.0	4:14	0.0	4:45	-0.2	7:19	4:41	☀
6	Tue	11:01	5.1	11:31	4.9	4:55	0.3	5:23	0.0	7:19	4:42	☀
7	Wed	11:46	4.8			5:37	0.6	6:04	0.3	7:19	4:43	☀
8	Thu	12:17	4.8	12:34	4.5	6:23	0.8	6:49	0.5	7:18	4:44	☀
9	Fri	1:04	4.7	1:24	4.4	7:18	1.0	7:42	0.6	7:18	4:45	☀
10	Sat	1:52	4.7	2:17	4.2	8:22	1.1	8:40	0.7	7:18	4:46	☀
11	Sun	2:43	4.8	3:13	4.2	9:25	0.9	9:38	0.6	7:18	4:47	☀
12	Mon	3:36	4.9	4:10	4.3	10:24	0.7	10:32	0.4	7:18	4:48	☀
13	Tue	4:30	5.2	5:07	4.5	11:17	0.3	11:23	0.2	7:17	4:49	☀
14	Wed	5:23	5.5	5:59	4.8			12:08	0.0	7:17	4:50	☀
15	Thu	6:13	5.8	6:48	5.1	12:12	-0.1	12:56	-0.3	7:17	4:52	☀
16	Fri	7:00	6.1	7:34	5.4	1:00	-0.4	1:44	-0.6	7:16	4:53	☀
17	Sat	7:46	6.4	8:18	5.6	1:48	-0.6	2:30	-0.8	7:16	4:54	☀
18	Sun	8:31	6.5	9:04	5.8	2:36	-0.7	3:14	-0.9	7:15	4:55	☀
19	Mon	9:17	6.4	9:51	5.9	3:23	-0.8	3:59	-0.9	7:15	4:56	☀
20	Tue	10:05	6.2	10:42	5.9	4:11	-0.7	4:43	-0.8	7:14	4:57	☀
21	Wed	10:57	5.9	11:36	5.8	5:00	-0.5	5:30	-0.6	7:14	4:58	☀
22	Thu	11:53	5.5			5:54	-0.3	6:21	-0.4	7:13	5:00	☀
23	Fri	12:32	5.7	12:51	5.2	6:53	0.0	7:18	-0.1	7:12	5:01	☀
24	Sat	1:29	5.6	1:52	5.0	7:59	0.2	8:23	0.1	7:12	5:02	☀
25	Sun	2:28	5.6	2:53	4.9	9:07	0.2	9:27	0.1	7:11	5:03	☀
26	Mon	3:29	5.6	3:56	4.8	10:11	0.1	10:28	0.0	7:10	5:04	☀
27	Tue	4:29	5.6	4:57	4.9	11:09	-0.1	11:23	-0.1	7:09	5:06	☀
28	Wed	5:27	5.8	5:54	5.1			12:02	-0.3	7:09	5:07	☀
29	Thu	6:20	5.9	6:45	5.3	12:14	-0.2	12:51	-0.5	7:08	5:08	☀
30	Fri	7:07	6.0	7:31	5.5	1:02	-0.3	1:36	-0.6	7:07	5:09	☀
31	Sat	7:51	6.0	8:14	5.5	1:47	-0.4	2:19	-0.6	7:06	5:10	☀