

Rockaway Beach (inside), NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:08	5.8	8:27	5.8	2:07	-0.2	2:29	-0.4	6:28	5:46	●
2	Tue	8:45	5.6	9:03	5.7	2:47	-0.1	3:06	-0.3	6:26	5:47	●
3	Wed	9:21	5.4	9:37	5.6	3:25	0.0	3:41	-0.1	6:25	5:49	●
4	Thu	9:57	5.2	10:10	5.4	4:01	0.1	4:14	0.1	6:23	5:50	●
5	Fri	10:33	4.9	10:44	5.3	4:36	0.3	4:47	0.4	6:22	5:51	◐
6	Sat	11:13	4.7	11:22	5.2	5:11	0.6	5:20	0.6	6:20	5:52	◑
7	Sun	11:58	4.5			5:50	0.8	5:58	0.8	6:19	5:53	◑
8	Mon	12:08	5.1	12:52	4.4	6:40	1.0	6:49	1.0	6:17	5:54	◑
9	Tue	1:03	5.0	1:52	4.4	7:52	1.0	8:03	1.1	6:15	5:55	◑
10	Wed	2:05	5.1	2:55	4.5	9:07	0.9	9:17	0.9	6:14	5:56	◑
11	Thu	3:10	5.3	3:58	4.8	10:12	0.6	10:22	0.5	6:12	5:57	◑
12	Fri	4:15	5.5	4:59	5.2	11:09	0.2	11:21	0.1	6:11	5:58	◑
13	Sat	5:16	5.9	5:55	5.7			12:01	-0.2	6:09	5:59	○
14	Sun	6:13	6.2	6:47	6.3	12:16	-0.4	12:50	-0.6	6:07	6:01	○
15	Mon	7:05	6.5	7:36	6.7	1:09	-0.8	1:39	-0.9	6:06	6:02	○
16	Tue	7:55	6.6	8:23	7.0	2:01	-1.0	2:26	-1.0	6:04	6:03	○
17	Wed	8:44	6.6	9:11	7.0	2:51	-1.1	3:13	-1.0	6:02	6:04	○
18	Thu	9:33	6.4	10:00	6.9	3:41	-1.1	3:59	-0.9	6:01	6:05	○
19	Fri	10:24	6.0	10:52	6.6	4:30	-0.9	4:46	-0.6	5:59	6:06	○
20	Sat	11:19	5.7	11:46	6.2	5:20	-0.5	5:36	-0.2	5:57	6:07	○
21	Sun			12:16	5.4	6:14	-0.1	6:30	0.3	5:56	6:08	○
22	Mon	12:43	5.8	1:14	5.1	7:13	0.3	7:31	0.6	5:54	6:09	○
23	Tue	1:41	5.6	2:13	5.0	8:17	0.5	8:37	0.8	5:52	6:10	◐
24	Wed	2:39	5.4	3:12	5.0	9:21	0.5	9:41	0.8	5:51	6:11	◑
25	Thu	3:38	5.3	4:11	5.1	10:18	0.4	10:38	0.6	5:49	6:12	◑
26	Fri	4:36	5.3	5:06	5.3	11:09	0.3	11:29	0.5	5:47	6:13	◑
27	Sat	5:29	5.4	5:55	5.6	11:54	0.1			5:46	6:14	◑
28	Sun	6:17	5.5	6:40	5.8	12:16	0.3	12:37	0.0	5:44	6:15	◑
29	Mon	7:01	5.6	7:20	6.0	1:00	0.1	1:17	-0.1	5:43	6:16	◑
30	Tue	7:41	5.6	7:57	6.0	1:42	0.0	1:56	-0.1	5:41	6:17	◑
31	Wed	8:19	5.5	8:32	6.0	2:22	0.0	2:34	0.0	5:39	6:18	●