

Rockaway Beach (inside), NY - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:08	5.2	10:09	6.0	4:17	0.2	4:20	0.5	5:53	7:51	
2	Sun	10:46	5.0	10:44	5.9	4:56	0.3	4:56	0.7	5:52	7:52	
3	Mon	11:27	4.9	11:23	5.8	5:35	0.4	5:33	0.8	5:50	7:53	
4	Tue			12:14	4.9	6:15	0.5	6:13	0.9	5:49	7:54	
5	Wed	12:12	5.7	1:08	4.9	7:01	0.6	7:03	1.0	5:48	7:55	
6	Thu	1:09	5.7	2:05	5.0	7:56	0.7	8:07	1.0	5:47	7:56	
7	Fri	2:10	5.6	3:03	5.3	9:00	0.6	9:21	0.9	5:46	7:57	
8	Sat	3:13	5.6	4:02	5.7	10:04	0.4	10:31	0.6	5:45	7:58	
9	Sun	4:17	5.7	5:01	6.1	11:03	0.2	11:34	0.2	5:44	7:59	
10	Mon	5:20	5.8	6:00	6.5	11:59	-0.1			5:42	8:00	
11	Tue	6:22	5.9	6:56	6.9	12:33	-0.2	12:52	-0.4	5:41	8:01	
12	Wed	7:20	6.1	7:49	7.2	1:28	-0.5	1:44	-0.5	5:40	8:02	
13	Thu	8:14	6.2	8:40	7.3	2:22	-0.7	2:36	-0.6	5:39	8:03	
14	Fri	9:06	6.2	9:29	7.2	3:15	-0.8	3:27	-0.5	5:38	8:04	
15	Sat	9:57	6.1	10:18	7.0	4:06	-0.8	4:16	-0.3	5:37	8:05	
16	Sun	10:49	5.9	11:08	6.7	4:55	-0.6	5:05	-0.1	5:37	8:06	
17	Mon	11:41	5.7			5:43	-0.4	5:53	0.3	5:36	8:07	
18	Tue	12:00	6.3	12:35	5.5	6:31	-0.1	6:43	0.6	5:35	8:08	
19	Wed	12:52	5.9	1:29	5.4	7:20	0.2	7:35	0.9	5:34	8:08	
20	Thu	1:45	5.6	2:21	5.3	8:12	0.4	8:32	1.1	5:33	8:09	
21	Fri	2:37	5.3	3:12	5.3	9:05	0.6	9:32	1.2	5:32	8:10	
22	Sat	3:29	5.1	4:02	5.4	9:58	0.6	10:30	1.1	5:32	8:11	
23	Sun	4:21	5.0	4:52	5.5	10:48	0.6	11:24	1.0	5:31	8:12	
24	Mon	5:13	5.0	5:41	5.7	11:36	0.5			5:30	8:13	
25	Tue	6:06	5.0	6:28	5.9	12:13	0.8	12:21	0.4	5:30	8:14	
26	Wed	6:55	5.1	7:13	6.0	1:00	0.6	1:06	0.4	5:29	8:15	
27	Thu	7:42	5.1	7:54	6.1	1:46	0.4	1:50	0.4	5:28	8:15	
28	Fri	8:25	5.2	8:33	6.2	2:31	0.3	2:33	0.4	5:28	8:16	
29	Sat	9:06	5.2	9:10	6.2	3:15	0.2	3:15	0.5	5:27	8:17	
30	Sun	9:46	5.2	9:47	6.2	3:57	0.2	3:57	0.5	5:27	8:18	
31	Mon	10:27	5.1	10:26	6.2	4:39	0.2	4:37	0.6	5:26	8:19	