

Rockaway Beach (inside), NY - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:10	5.1	11:09	6.1	5:20	0.2	5:18	0.7	5:26	8:19	
2	Wed	11:58	5.2	11:58	6.0	6:02	0.2	6:03	0.7	5:25	8:20	
3	Thu			12:51	5.3	6:46	0.3	6:53	0.8	5:25	8:21	
4	Fri	12:53	5.9	1:46	5.5	7:36	0.3	7:53	0.8	5:25	8:21	
5	Sat	1:52	5.7	2:42	5.7	8:32	0.3	9:02	0.8	5:24	8:22	
6	Sun	2:52	5.6	3:39	6.0	9:33	0.3	10:10	0.6	5:24	8:23	
7	Mon	3:54	5.6	4:37	6.3	10:34	0.1	11:14	0.3	5:24	8:23	
8	Tue	4:56	5.6	5:35	6.6	11:31	0.0			5:24	8:24	
9	Wed	5:59	5.7	6:32	6.8	12:13	0.0	12:27	-0.2	5:24	8:24	
10	Thu	6:59	5.8	7:27	7.0	1:09	-0.3	1:21	-0.3	5:23	8:25	
11	Fri	7:55	5.9	8:20	7.1	2:04	-0.5	2:14	-0.3	5:23	8:26	
12	Sat	8:48	5.9	9:09	7.0	2:57	-0.6	3:05	-0.2	5:23	8:26	
13	Sun	9:38	5.9	9:58	6.8	3:47	-0.6	3:55	-0.1	5:23	8:26	
14	Mon	10:28	5.8	10:45	6.5	4:35	-0.5	4:43	0.1	5:23	8:27	
15	Tue	11:18	5.7	11:34	6.2	5:21	-0.3	5:30	0.4	5:23	8:27	
16	Wed			12:08	5.5	6:05	-0.1	6:15	0.6	5:23	8:28	
17	Thu	12:23	5.8	12:58	5.4	6:49	0.1	7:03	0.9	5:23	8:28	
18	Fri	1:12	5.5	1:47	5.4	7:33	0.4	7:54	1.1	5:24	8:28	
19	Sat	2:01	5.2	2:35	5.4	8:20	0.6	8:50	1.3	5:24	8:29	
20	Sun	2:50	5.0	3:22	5.4	9:11	0.7	9:49	1.3	5:24	8:29	
21	Mon	3:40	4.8	4:10	5.5	10:03	0.7	10:45	1.2	5:24	8:29	
22	Tue	4:32	4.8	4:59	5.6	10:54	0.7	11:38	1.0	5:24	8:29	
23	Wed	5:26	4.8	5:48	5.7	11:43	0.7			5:25	8:29	
24	Thu	6:19	4.8	6:36	5.9	12:28	0.8	12:31	0.6	5:25	8:30	
25	Fri	7:10	5.0	7:22	6.0	1:16	0.6	1:18	0.5	5:25	8:30	
26	Sat	7:57	5.1	8:05	6.2	2:04	0.4	2:04	0.5	5:26	8:30	
27	Sun	8:41	5.2	8:46	6.3	2:50	0.2	2:50	0.4	5:26	8:30	
28	Mon	9:24	5.3	9:27	6.4	3:35	0.0	3:35	0.4	5:26	8:30	
29	Tue	10:07	5.4	10:09	6.4	4:19	-0.1	4:19	0.4	5:27	8:30	
30	Wed	10:52	5.5	10:55	6.3	5:01	-0.1	5:04	0.4	5:27	8:30	