

Rockaway Beach (inside), NY - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:40	5.6	11:44	6.2	5:44	-0.1	5:51	0.4	5:28	8:29	
2	Fri			12:32	5.7	6:27	0.0	6:42	0.5	5:28	8:29	
3	Sat	12:38	6.0	1:26	5.9	7:14	0.0	7:40	0.6	5:29	8:29	
4	Sun	1:36	5.8	2:21	6.1	8:08	0.1	8:44	0.6	5:29	8:29	
5	Mon	2:35	5.6	3:17	6.2	9:07	0.2	9:51	0.6	5:30	8:29	
6	Tue	3:35	5.5	4:15	6.4	10:09	0.2	10:56	0.4	5:31	8:28	
7	Wed	4:37	5.4	5:14	6.5	11:09	0.1	11:56	0.2	5:31	8:28	
8	Thu	5:39	5.4	6:12	6.6			12:07	0.0	5:32	8:28	
9	Fri	6:40	5.6	7:08	6.7	12:52	0.0	1:01	0.0	5:33	8:27	
10	Sat	7:37	5.7	8:01	6.8	1:46	-0.2	1:54	-0.1	5:33	8:27	
11	Sun	8:29	5.8	8:50	6.8	2:37	-0.4	2:45	0.0	5:34	8:27	
12	Mon	9:18	5.9	9:36	6.6	3:25	-0.4	3:33	0.1	5:35	8:26	
13	Tue	10:05	5.8	10:21	6.4	4:11	-0.4	4:19	0.2	5:35	8:26	
14	Wed	10:50	5.7	11:05	6.1	4:53	-0.3	5:03	0.4	5:36	8:25	
15	Thu	11:36	5.6	11:50	5.7	5:34	-0.1	5:46	0.6	5:37	8:24	
16	Fri			12:21	5.5	6:13	0.1	6:29	0.9	5:38	8:24	
17	Sat	12:35	5.4	1:07	5.5	6:53	0.4	7:15	1.1	5:39	8:23	
18	Sun	1:22	5.1	1:53	5.4	7:35	0.6	8:06	1.3	5:39	8:23	
19	Mon	2:10	4.9	2:39	5.4	8:22	0.8	9:04	1.4	5:40	8:22	
20	Tue	3:00	4.7	3:26	5.4	9:15	0.9	10:04	1.3	5:41	8:21	
21	Wed	3:52	4.7	4:16	5.5	10:11	1.0	11:02	1.2	5:42	8:20	
22	Thu	4:47	4.7	5:07	5.6	11:06	0.9	11:56	0.9	5:43	8:20	
23	Fri	5:43	4.8	6:00	5.8	11:58	0.8			5:44	8:19	
24	Sat	6:37	4.9	6:50	6.1	12:47	0.6	12:48	0.6	5:45	8:18	
25	Sun	7:28	5.2	7:38	6.3	1:36	0.4	1:37	0.4	5:46	8:17	
26	Mon	8:14	5.4	8:23	6.5	2:24	0.1	2:25	0.2	5:46	8:16	
27	Tue	8:59	5.7	9:07	6.7	3:10	-0.1	3:13	0.1	5:47	8:15	
28	Wed	9:44	5.9	9:52	6.6	3:54	-0.3	4:01	0.0	5:48	8:14	
29	Thu	10:30	6.1	10:39	6.5	4:38	-0.4	4:49	0.0	5:49	8:13	
30	Fri	11:18	6.2	11:29	6.3	5:21	-0.4	5:37	0.1	5:50	8:12	
31	Sat			12:10	6.3	6:05	-0.3	6:28	0.2	5:51	8:11	