

Rockaway Beach (inside), NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:22	6.0	1:04	6.3	6:52	-0.1	7:24	0.4	5:52	8:10	
2	Mon	1:20	5.7	2:00	6.3	7:45	0.1	8:27	0.6	5:53	8:09	
3	Tue	2:19	5.5	2:57	6.3	8:45	0.3	9:33	0.6	5:54	8:08	
4	Wed	3:19	5.4	3:56	6.2	9:49	0.4	10:39	0.6	5:55	8:07	
5	Thu	4:21	5.3	4:55	6.3	10:52	0.4	11:39	0.4	5:56	8:06	
6	Fri	5:23	5.4	5:54	6.4	11:50	0.3			5:57	8:04	
7	Sat	6:23	5.5	6:50	6.5	12:35	0.2	12:44	0.2	5:58	8:03	
8	Sun	7:18	5.7	7:42	6.6	1:26	0.0	1:35	0.1	5:59	8:02	
9	Mon	8:09	5.8	8:28	6.6	2:14	-0.2	2:24	0.1	6:00	8:01	
10	Tue	8:55	6.0	9:12	6.5	3:00	-0.2	3:10	0.2	6:01	7:59	
11	Wed	9:38	6.0	9:54	6.3	3:42	-0.2	3:54	0.3	6:02	7:58	
12	Thu	10:19	5.9	10:34	6.0	4:22	-0.1	4:36	0.4	6:03	7:57	
13	Fri	11:00	5.8	11:15	5.7	5:00	0.0	5:16	0.6	6:04	7:55	
14	Sat	11:41	5.7	11:57	5.3	5:36	0.3	5:56	0.9	6:05	7:54	
15	Sun			12:22	5.5	6:13	0.5	6:37	1.1	6:06	7:53	
16	Mon	12:41	5.0	1:06	5.4	6:51	0.8	7:23	1.3	6:07	7:51	
17	Tue	1:29	4.8	1:52	5.3	7:35	1.0	8:18	1.5	6:08	7:50	
18	Wed	2:20	4.7	2:41	5.3	8:27	1.2	9:22	1.5	6:09	7:48	
19	Thu	3:14	4.6	3:33	5.4	9:28	1.2	10:26	1.3	6:10	7:47	
20	Fri	4:11	4.6	4:28	5.6	10:30	1.1	11:24	1.0	6:11	7:46	
21	Sat	5:09	4.8	5:24	5.8	11:27	0.9			6:11	7:44	
22	Sun	6:05	5.1	6:19	6.1	12:17	0.7	12:20	0.6	6:12	7:43	
23	Mon	6:58	5.5	7:11	6.4	1:07	0.3	1:11	0.3	6:13	7:41	
24	Tue	7:47	5.9	8:00	6.7	1:54	0.0	2:02	0.0	6:14	7:40	
25	Wed	8:34	6.3	8:47	6.8	2:41	-0.3	2:52	-0.2	6:15	7:38	
26	Thu	9:20	6.6	9:33	6.8	3:26	-0.5	3:42	-0.3	6:16	7:37	
27	Fri	10:06	6.7	10:21	6.6	4:11	-0.6	4:31	-0.3	6:17	7:35	
28	Sat	10:55	6.8	11:11	6.4	4:56	-0.5	5:21	-0.2	6:18	7:33	
29	Sun	11:47	6.7			5:42	-0.3	6:12	0.0	6:19	7:32	
30	Mon	12:06	6.0	12:42	6.5	6:30	-0.1	7:07	0.3	6:20	7:30	
31	Tue	1:04	5.7	1:39	6.3	7:24	0.2	8:09	0.6	6:21	7:29	