

Rockaway Beach (inside), NY - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:48	5.3	3:17	5.9	9:11	0.9	9:59	0.7	6:52	6:37	
2	Sat	3:48	5.3	4:15	5.8	10:16	0.9	10:58	0.5	6:53	6:35	
3	Sun	4:47	5.4	5:12	5.8	11:14	0.7	11:49	0.3	6:54	6:34	
4	Mon	5:42	5.6	6:06	5.9			12:06	0.6	6:55	6:32	
5	Tue	6:33	5.8	6:54	6.0	12:35	0.2	12:54	0.4	6:56	6:30	
6	Wed	7:19	6.1	7:39	6.0	1:17	0.0	1:38	0.3	6:57	6:29	
7	Thu	8:00	6.2	8:20	6.0	1:57	0.0	2:21	0.2	6:58	6:27	
8	Fri	8:39	6.3	8:59	5.8	2:37	0.0	3:02	0.2	6:59	6:26	
9	Sat	9:15	6.2	9:37	5.7	3:15	0.1	3:42	0.3	7:00	6:24	
10	Sun	9:50	6.1	10:13	5.4	3:52	0.3	4:20	0.5	7:01	6:22	
11	Mon	10:23	5.9	10:49	5.2	4:28	0.5	4:58	0.7	7:02	6:21	
12	Tue	10:56	5.7	11:28	4.9	5:03	0.7	5:35	0.9	7:03	6:19	
13	Wed	11:32	5.5			5:38	0.9	6:15	1.0	7:04	6:18	
14	Thu	12:13	4.7	12:17	5.4	6:14	1.1	7:01	1.2	7:05	6:16	
15	Fri	1:07	4.6	1:12	5.3	7:00	1.3	8:01	1.3	7:06	6:15	
16	Sat	2:06	4.6	2:13	5.4	8:04	1.4	9:11	1.2	7:07	6:13	
17	Sun	3:06	4.8	3:16	5.5	9:19	1.2	10:16	0.9	7:08	6:12	
18	Mon	4:05	5.1	4:19	5.7	10:29	0.9	11:13	0.5	7:09	6:10	
19	Tue	5:03	5.5	5:19	5.9	11:30	0.5			7:11	6:09	
20	Wed	5:59	6.1	6:18	6.2	12:04	0.1	12:26	0.0	7:12	6:07	
21	Thu	6:53	6.6	7:13	6.4	12:54	-0.3	1:19	-0.4	7:13	6:06	
22	Fri	7:44	7.1	8:04	6.6	1:42	-0.6	2:12	-0.7	7:14	6:05	
23	Sat	8:33	7.3	8:54	6.6	2:31	-0.8	3:03	-0.9	7:15	6:03	
24	Sun	9:21	7.4	9:44	6.4	3:20	-0.8	3:55	-0.8	7:16	6:02	
25	Mon	10:11	7.2	10:36	6.2	4:09	-0.7	4:46	-0.7	7:17	6:00	
26	Tue	11:02	6.9	11:30	5.9	4:59	-0.4	5:37	-0.4	7:18	5:59	
27	Wed	11:57	6.5			5:49	-0.1	6:30	-0.1	7:20	5:58	
28	Thu	12:28	5.6	12:54	6.1	6:42	0.3	7:26	0.3	7:21	5:56	
29	Fri	1:27	5.3	1:53	5.8	7:40	0.7	8:26	0.5	7:22	5:55	
30	Sat	2:27	5.2	2:51	5.6	8:44	0.9	9:27	0.6	7:23	5:54	
31	Sun	2:24	5.2	2:47	5.4	8:48	1.0	9:25	0.5	6:24	4:53	