

Rockaway Beach (inside), NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:20	5.3	3:42	5.4	9:48	0.8	10:16	0.4	6:25	4:51	
2	Tue	4:13	5.5	4:35	5.4	10:41	0.7	11:01	0.2	6:26	4:50	
3	Wed	5:02	5.7	5:25	5.5	11:28	0.4	11:44	0.1	6:28	4:49	
4	Thu	5:48	5.9	6:11	5.5			12:13	0.3	6:29	4:48	
5	Fri	6:31	6.1	6:54	5.5	12:25	0.0	12:55	0.2	6:30	4:47	
6	Sat	7:10	6.1	7:34	5.5	1:05	0.0	1:37	0.1	6:31	4:46	
7	Sun	7:46	6.1	8:12	5.4	1:45	0.1	2:18	0.2	6:32	4:45	
8	Mon	8:21	6.0	8:49	5.2	2:24	0.2	2:57	0.2	6:34	4:44	
9	Tue	8:54	5.9	9:25	5.0	3:01	0.4	3:36	0.4	6:35	4:43	
10	Wed	9:27	5.7	10:03	4.8	3:37	0.5	4:15	0.5	6:36	4:42	
11	Thu	10:02	5.6	10:47	4.7	4:13	0.7	4:54	0.6	6:37	4:41	
12	Fri	10:46	5.5	11:39	4.6	4:50	0.9	5:37	0.8	6:38	4:40	
13	Sat	11:40	5.4			5:34	1.0	6:29	0.8	6:39	4:39	
14	Sun	12:36	4.7	12:42	5.3	6:34	1.1	7:32	0.8	6:41	4:38	
15	Mon	1:36	4.9	1:46	5.4	7:48	1.0	8:38	0.6	6:42	4:37	
16	Tue	2:35	5.2	2:49	5.4	9:01	0.7	9:38	0.3	6:43	4:36	
17	Wed	3:34	5.7	3:52	5.6	10:06	0.3	10:34	-0.1	6:44	4:36	
18	Thu	4:32	6.1	4:53	5.8	11:05	-0.1	11:26	-0.4	6:45	4:35	
19	Fri	5:28	6.6	5:51	6.0			12:00	-0.5	6:46	4:34	
20	Sat	6:21	7.0	6:45	6.2	12:17	-0.7	12:54	-0.8	6:48	4:34	
21	Sun	7:13	7.2	7:37	6.2	1:08	-0.9	1:46	-1.0	6:49	4:33	
22	Mon	8:02	7.2	8:28	6.2	1:59	-0.9	2:38	-1.0	6:50	4:32	
23	Tue	8:52	7.0	9:19	6.0	2:49	-0.8	3:28	-0.9	6:51	4:32	
24	Wed	9:42	6.7	10:11	5.7	3:39	-0.6	4:18	-0.7	6:52	4:31	
25	Thu	10:34	6.3	11:06	5.4	4:28	-0.2	5:07	-0.4	6:53	4:31	
26	Fri	11:28	5.9			5:18	0.1	5:58	0.0	6:54	4:30	
27	Sat	12:02	5.2	12:23	5.5	6:11	0.5	6:51	0.2	6:55	4:30	
28	Sun	12:57	5.1	1:18	5.2	7:09	0.8	7:47	0.4	6:56	4:29	
29	Mon	1:52	5.1	2:13	5.0	8:12	0.9	8:42	0.5	6:57	4:29	
30	Tue	2:44	5.1	3:06	4.9	9:13	0.9	9:35	0.4	6:58	4:29	