

Rockaway Beach (inside), NY - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:36	5.2	4:00	4.9	10:09	0.7	10:24	0.3	6:59	4:29	
2	Thu	4:26	5.4	4:52	4.9	10:59	0.5	11:09	0.2	7:00	4:28	
3	Fri	5:15	5.6	5:41	5.0	11:45	0.3	11:53	0.1	7:01	4:28	
4	Sat	6:00	5.7	6:27	5.1			12:30	0.1	7:02	4:28	
5	Sun	6:42	5.8	7:10	5.1	12:36	0.0	1:13	0.0	7:03	4:28	
6	Mon	7:20	5.9	7:49	5.1	1:18	0.0	1:55	0.0	7:04	4:28	
7	Tue	7:57	5.9	8:28	5.1	1:59	0.0	2:37	0.0	7:05	4:28	
8	Wed	8:32	5.9	9:05	5.0	2:39	0.1	3:17	0.0	7:06	4:28	
9	Thu	9:07	5.8	9:44	4.9	3:17	0.2	3:57	0.0	7:07	4:28	
10	Fri	9:44	5.7	10:27	4.8	3:55	0.3	4:36	0.1	7:08	4:28	
11	Sat	10:27	5.6	11:15	4.8	4:35	0.4	5:17	0.2	7:09	4:28	
12	Sun	11:19	5.4			5:20	0.5	6:02	0.3	7:09	4:28	
13	Mon	12:10	4.9	12:17	5.3	6:14	0.6	6:57	0.3	7:10	4:28	
14	Tue	1:07	5.1	1:20	5.2	7:22	0.6	8:00	0.3	7:11	4:29	
15	Wed	2:06	5.4	2:23	5.1	8:35	0.5	9:05	0.1	7:12	4:29	
16	Thu	3:06	5.7	3:27	5.2	9:44	0.2	10:06	-0.1	7:12	4:29	
17	Fri	4:06	6.0	4:30	5.3	10:45	-0.2	11:02	-0.4	7:13	4:29	
18	Sat	5:05	6.3	5:31	5.5	11:43	-0.5	11:57	-0.7	7:13	4:30	
19	Sun	6:02	6.6	6:28	5.7			12:37	-0.8	7:14	4:30	
20	Mon	6:55	6.8	7:21	5.9	12:50	-0.8	1:30	-1.0	7:15	4:31	
21	Tue	7:46	6.9	8:12	5.9	1:41	-0.9	2:21	-1.1	7:15	4:31	
22	Wed	8:34	6.7	9:01	5.8	2:31	-0.9	3:10	-1.0	7:16	4:32	
23	Thu	9:22	6.5	9:50	5.6	3:20	-0.7	3:56	-0.9	7:16	4:32	
24	Fri	10:10	6.1	10:40	5.4	4:07	-0.4	4:41	-0.6	7:16	4:33	
25	Sat	10:59	5.7	11:30	5.2	4:53	-0.1	5:26	-0.3	7:17	4:33	
26	Sun	11:50	5.3			5:40	0.3	6:11	0.0	7:17	4:34	
27	Mon	12:21	5.1	12:41	5.0	6:31	0.6	7:00	0.3	7:17	4:35	
28	Tue	1:12	5.0	1:33	4.7	7:28	0.8	7:53	0.5	7:18	4:35	
29	Wed	2:02	4.9	2:26	4.5	8:29	0.9	8:48	0.5	7:18	4:36	
30	Thu	2:53	4.9	3:20	4.4	9:29	0.8	9:42	0.5	7:18	4:37	
31	Fri	3:45	5.0	4:15	4.4	10:24	0.7			7:18	4:38	