

Rockaway Beach (inside), NY - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:10	4.7	12:16	5.0	6:14	0.7	6:49	0.4	7:18	4:38	
2	Mon	1:05	4.9	1:17	4.9	7:21	0.7	7:53	0.4	7:19	4:39	
3	Tue	2:03	5.1	2:21	4.9	8:35	0.6	9:01	0.3	7:19	4:40	
4	Wed	3:03	5.4	3:26	4.9	9:45	0.3	10:04	0.0	7:19	4:41	
5	Thu	4:04	5.8	4:31	5.1	10:47	-0.1	11:03	-0.3	7:19	4:42	
6	Fri	5:05	6.2	5:33	5.4	11:45	-0.6	11:58	-0.7	7:19	4:43	
7	Sat	6:03	6.5	6:31	5.7			12:40	-0.9	7:18	4:44	
8	Sun	6:57	6.8	7:24	5.9	12:52	-0.9	1:33	-1.2	7:18	4:45	
9	Mon	7:49	6.9	8:15	6.1	1:45	-1.1	2:25	-1.3	7:18	4:46	
10	Tue	8:39	6.9	9:06	6.1	2:37	-1.1	3:14	-1.3	7:18	4:47	
11	Wed	9:28	6.7	9:56	6.0	3:27	-1.0	4:01	-1.2	7:18	4:48	
12	Thu	10:18	6.3	10:47	5.8	4:15	-0.8	4:48	-1.0	7:17	4:49	
13	Fri	11:08	5.9	11:38	5.5	5:03	-0.4	5:34	-0.6	7:17	4:50	
14	Sat			12:00	5.5	5:53	0.0	6:21	-0.3	7:17	4:51	
15	Sun	12:30	5.3	12:53	5.1	6:46	0.3	7:12	0.1	7:16	4:52	
16	Mon	1:22	5.2	1:47	4.8	7:45	0.6	8:06	0.3	7:16	4:53	
17	Tue	2:14	5.1	2:41	4.6	8:46	0.7	9:03	0.4	7:15	4:54	
18	Wed	3:06	5.0	3:36	4.5	9:46	0.7	9:57	0.4	7:15	4:56	
19	Thu	4:00	5.1	4:32	4.5	10:41	0.5	10:48	0.3	7:14	4:57	
20	Fri	4:53	5.2	5:25	4.6	11:30	0.3	11:36	0.2	7:14	4:58	
21	Sat	5:43	5.3	6:15	4.8			12:17	0.1	7:13	4:59	
22	Sun	6:29	5.5	7:00	5.0	12:22	0.0	1:02	-0.1	7:13	5:00	
23	Mon	7:11	5.6	7:41	5.1	1:07	-0.1	1:45	-0.2	7:12	5:01	
24	Tue	7:49	5.7	8:19	5.1	1:49	-0.1	2:26	-0.3	7:11	5:03	
25	Wed	8:24	5.7	8:56	5.1	2:30	-0.1	3:05	-0.3	7:11	5:04	
26	Thu	8:59	5.6	9:32	5.1	3:10	-0.1	3:42	-0.3	7:10	5:05	
27	Fri	9:35	5.6	10:10	5.1	3:48	0.0	4:18	-0.2	7:09	5:06	
28	Sat	10:14	5.4	10:51	5.2	4:26	0.1	4:53	-0.1	7:08	5:07	
29	Sun	10:59	5.2	11:39	5.2	5:07	0.2	5:30	0.1	7:07	5:09	
30	Mon	11:53	5.1			5:55	0.3	6:16	0.2	7:06	5:10	
31	Tue	12:34	5.3	12:54	4.9	6:55	0.4	7:16	0.3	7:05	5:11	