

Rockaway Beach (inside), NY - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:11	5.7	12:39	5.0	6:40	0.3	6:55	0.4	6:29	5:46	
2	Thu	1:11	5.6	1:42	4.9	7:49	0.4	8:07	0.5	6:27	5:47	
3	Fri	2:15	5.6	2:48	5.0	9:01	0.3	9:20	0.4	6:26	5:48	
4	Sat	3:20	5.7	3:53	5.2	10:08	0.1	10:26	0.1	6:24	5:49	
5	Sun	4:25	5.9	4:57	5.5	11:08	-0.2	11:25	-0.2	6:22	5:50	
6	Mon	5:26	6.1	5:56	5.8			12:02	-0.6	6:21	5:51	
7	Tue	6:22	6.3	6:49	6.2	12:20	-0.5	12:53	-0.8	6:19	5:52	
8	Wed	7:13	6.5	7:37	6.4	1:12	-0.7	1:41	-1.0	6:18	5:54	
9	Thu	8:00	6.5	8:23	6.5	2:01	-0.8	2:26	-1.0	6:16	5:55	
10	Fri	8:45	6.4	9:06	6.4	2:47	-0.8	3:09	-0.8	6:15	5:56	
11	Sat	9:29	6.1	9:48	6.2	3:31	-0.6	3:49	-0.6	6:13	5:57	
12	Sun	10:13	5.7	10:30	5.9	4:13	-0.4	4:28	-0.3	6:11	5:58	
13	Mon	10:58	5.3	11:14	5.6	4:55	0.0	5:08	0.1	6:10	5:59	
14	Tue	11:46	5.0			5:37	0.3	5:48	0.5	6:08	6:00	
15	Wed	12:00	5.3	12:36	4.7	6:23	0.7	6:35	0.8	6:06	6:01	
16	Thu	12:49	5.1	1:28	4.5	7:17	1.0	7:30	1.1	6:05	6:02	
17	Fri	1:41	4.9	2:23	4.4	8:20	1.1	8:34	1.2	6:03	6:03	
18	Sat	2:35	4.8	3:19	4.5	9:23	1.1	9:36	1.1	6:01	6:04	
19	Sun	3:32	4.8	4:16	4.6	10:21	0.8	10:33	0.9	6:00	6:05	
20	Mon	4:28	5.0	5:10	4.9	11:12	0.6	11:25	0.6	5:58	6:06	
21	Tue	5:21	5.2	5:59	5.3	11:59	0.3			5:57	6:07	
22	Wed	6:10	5.5	6:43	5.6	12:13	0.3	12:44	0.0	5:55	6:09	
23	Thu	6:55	5.7	7:24	5.9	12:59	0.0	1:27	-0.2	5:53	6:10	
24	Fri	7:37	5.9	8:03	6.2	1:44	-0.2	2:08	-0.3	5:52	6:11	
25	Sat	8:18	6.0	8:42	6.3	2:29	-0.4	2:49	-0.3	5:50	6:12	
26	Sun	9:00	5.9	9:24	6.4	3:13	-0.5	3:29	-0.3	5:48	6:13	
27	Mon	9:45	5.8	10:09	6.4	3:57	-0.5	4:11	-0.2	5:47	6:14	
28	Tue	10:34	5.6	10:59	6.2	4:43	-0.3	4:54	0.0	5:45	6:15	
29	Wed	11:29	5.4	11:55	6.1	5:33	-0.1	5:44	0.2	5:43	6:16	
30	Thu			12:29	5.3	6:29	0.1	6:43	0.5	5:42	6:17	
31	Fri	12:56	5.9	1:31	5.2	7:34	0.3	7:52	0.6	5:40	6:18	