

Rockaway Beach (inside), NY - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:36	5.1	6:00	6.0	11:54	0.4			5:28	8:30	
2	Sun	6:30	5.1	6:49	6.1	12:38	0.5	12:41	0.4	5:28	8:29	
3	Mon	7:20	5.2	7:35	6.1	1:25	0.4	1:26	0.4	5:29	8:29	
4	Tue	8:07	5.2	8:18	6.1	2:11	0.3	2:11	0.4	5:29	8:29	
5	Wed	8:51	5.3	8:58	6.1	2:55	0.3	2:55	0.5	5:30	8:29	
6	Thu	9:32	5.3	9:35	6.0	3:38	0.2	3:38	0.6	5:30	8:29	
7	Fri	10:12	5.2	10:11	5.8	4:18	0.3	4:19	0.7	5:31	8:28	
8	Sat	10:52	5.1	10:46	5.7	4:56	0.3	4:58	0.8	5:32	8:28	
9	Sun	11:32	5.1	11:22	5.6	5:33	0.4	5:36	1.0	5:32	8:28	
10	Mon			12:13	5.1	6:09	0.5	6:15	1.0	5:33	8:27	
11	Tue	12:04	5.5	12:57	5.2	6:45	0.6	7:00	1.1	5:34	8:27	
12	Wed	12:53	5.3	1:45	5.4	7:26	0.6	7:55	1.1	5:34	8:26	
13	Thu	1:48	5.2	2:36	5.6	8:17	0.7	9:01	1.1	5:35	8:26	
14	Fri	2:47	5.2	3:31	5.9	9:19	0.7	10:10	0.8	5:36	8:25	
15	Sat	3:49	5.2	4:29	6.1	10:23	0.5	11:14	0.5	5:37	8:25	
16	Sun	4:53	5.3	5:29	6.5	11:25	0.3			5:37	8:24	
17	Mon	5:57	5.5	6:29	6.8	12:14	0.1	12:23	0.0	5:38	8:23	
18	Tue	6:58	5.7	7:26	7.1	1:11	-0.2	1:20	-0.2	5:39	8:23	
19	Wed	7:56	6.0	8:21	7.3	2:06	-0.5	2:16	-0.4	5:40	8:22	
20	Thu	8:50	6.3	9:13	7.3	3:00	-0.8	3:10	-0.5	5:41	8:21	
21	Fri	9:43	6.4	10:03	7.2	3:51	-0.9	4:03	-0.5	5:42	8:21	
22	Sat	10:34	6.4	10:54	6.9	4:41	-0.9	4:55	-0.4	5:42	8:20	
23	Sun	11:27	6.4	11:46	6.5	5:28	-0.8	5:45	-0.1	5:43	8:19	
24	Mon			12:19	6.3	6:15	-0.6	6:36	0.2	5:44	8:18	
25	Tue	12:39	6.1	1:12	6.1	7:02	-0.3	7:28	0.5	5:45	8:17	
26	Wed	1:32	5.8	2:03	6.0	7:51	0.1	8:25	0.8	5:46	8:16	
27	Thu	2:25	5.4	2:54	5.9	8:43	0.4	9:25	1.0	5:47	8:16	
28	Fri	3:18	5.2	3:45	5.8	9:37	0.6	10:24	1.0	5:48	8:15	
29	Sat	4:11	5.0	4:36	5.8	10:31	0.7	11:20	0.9	5:49	8:14	
30	Sun	5:06	5.0	5:29	5.8	11:23	0.7			5:50	8:13	
31	Mon	6:01	5.0	6:20	5.8	12:10	0.8	12:12	0.6	5:51	8:12	