

Rockaway Beach (inside), NY - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:55	6.7	8:14	6.0	1:57	-0.2	2:29	-0.4	6:25	4:52	
2	Thu	8:37	6.7	9:00	5.9	2:40	-0.2	3:15	-0.4	6:26	4:51	
3	Fri	9:23	6.7	9:49	5.7	3:24	-0.2	4:03	-0.3	6:27	4:50	
4	Sat	10:13	6.5	10:43	5.5	4:11	0.0	4:53	-0.1	6:28	4:49	
5	Sun	11:09	6.3	11:43	5.3	5:01	0.2	5:48	0.1	6:29	4:47	
6	Mon			12:10	6.0	5:58	0.4	6:47	0.2	6:31	4:46	
7	Tue	12:46	5.3	1:12	5.9	7:03	0.6	7:52	0.3	6:32	4:45	
8	Wed	1:48	5.4	2:14	5.8	8:13	0.6	8:56	0.2	6:33	4:44	
9	Thu	2:49	5.6	3:14	5.8	9:21	0.5	9:54	-0.1	6:34	4:43	
10	Fri	3:48	5.8	4:13	5.8	10:21	0.3	10:47	-0.3	6:35	4:42	
11	Sat	4:44	6.1	5:09	5.9	11:16	0.0	11:36	-0.5	6:36	4:41	
12	Sun	5:36	6.3	6:01	6.0			12:06	-0.2	6:38	4:40	
13	Mon	6:24	6.5	6:49	6.0	12:21	-0.5	12:53	-0.3	6:39	4:39	
14	Tue	7:09	6.6	7:34	5.9	1:06	-0.5	1:39	-0.4	6:40	4:38	
15	Wed	7:51	6.5	8:17	5.8	1:48	-0.4	2:23	-0.3	6:41	4:38	
16	Thu	8:31	6.4	8:59	5.5	2:30	-0.2	3:05	-0.1	6:42	4:37	
17	Fri	9:11	6.1	9:42	5.2	3:10	0.0	3:46	0.1	6:44	4:36	
18	Sat	9:50	5.8	10:26	4.9	3:50	0.3	4:27	0.3	6:45	4:35	
19	Sun	10:31	5.5	11:13	4.7	4:29	0.6	5:08	0.6	6:46	4:35	
20	Mon	11:15	5.2			5:10	0.8	5:51	0.8	6:47	4:34	
21	Tue	12:03	4.5	12:04	5.0	5:55	1.1	6:41	1.0	6:48	4:33	
22	Wed	12:55	4.5	12:56	4.8	6:49	1.3	7:37	1.0	6:49	4:33	
23	Thu	1:47	4.5	1:50	4.8	7:53	1.3	8:37	0.9	6:50	4:32	
24	Fri	2:39	4.7	2:45	4.8	8:58	1.2	9:33	0.7	6:51	4:31	
25	Sat	3:30	5.0	3:41	4.9	9:57	0.9	10:24	0.4	6:53	4:31	
26	Sun	4:22	5.3	4:36	5.1	10:51	0.5	11:12	0.1	6:54	4:31	
27	Mon	5:11	5.7	5:30	5.4	11:42	0.1	11:58	-0.1	6:55	4:30	
28	Tue	6:00	6.2	6:21	5.6			12:31	-0.3	6:56	4:30	
29	Wed	6:47	6.5	7:09	5.8	12:45	-0.3	1:21	-0.6	6:57	4:29	
30	Thu	7:33	6.8	7:57	5.8	1:32	-0.5	2:10	-0.8	6:58	4:29	