

Rockaway Beach (inside), NY - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:46	6.7	10:16	5.8	3:45	-0.9	4:23	-1.1	7:18	4:38	
2	Tue	10:39	6.4	11:11	5.7	4:35	-0.7	5:12	-0.9	7:19	4:39	
3	Wed	11:34	6.0			5:28	-0.4	6:03	-0.7	7:19	4:40	
4	Thu	12:08	5.6	12:31	5.6	6:24	-0.1	6:58	-0.4	7:19	4:41	
5	Fri	1:04	5.5	1:27	5.3	7:25	0.2	7:55	-0.2	7:19	4:42	
6	Sat	2:00	5.4	2:24	5.1	8:30	0.4	8:54	0.0	7:19	4:43	
7	Sun	2:55	5.4	3:22	4.9	9:33	0.4	9:50	0.0	7:18	4:44	
8	Mon	3:50	5.4	4:19	4.9	10:31	0.3	10:42	0.0	7:18	4:45	
9	Tue	4:44	5.5	5:14	4.9	11:23	0.1	11:30	-0.1	7:18	4:46	
10	Wed	5:35	5.6	6:06	5.0			12:11	0.0	7:18	4:47	
11	Thu	6:23	5.7	6:53	5.1	12:16	-0.2	12:56	-0.2	7:18	4:48	
12	Fri	7:07	5.8	7:36	5.1	1:00	-0.2	1:40	-0.2	7:17	4:49	
13	Sat	7:47	5.8	8:17	5.1	1:43	-0.2	2:21	-0.3	7:17	4:50	
14	Sun	8:25	5.7	8:56	5.1	2:25	-0.1	3:01	-0.2	7:17	4:51	
15	Mon	9:01	5.5	9:33	4.9	3:04	0.0	3:39	-0.1	7:16	4:52	
16	Tue	9:35	5.4	10:11	4.8	3:42	0.1	4:15	0.0	7:16	4:53	
17	Wed	10:09	5.2	10:49	4.7	4:19	0.3	4:49	0.1	7:16	4:54	
18	Thu	10:45	5.0	11:30	4.7	4:55	0.5	5:23	0.3	7:15	4:55	
19	Fri	11:29	4.8			5:34	0.6	6:00	0.4	7:15	4:56	
20	Sat	12:16	4.7	12:21	4.7	6:22	0.7	6:47	0.6	7:14	4:58	
21	Sun	1:07	4.8	1:20	4.6	7:26	0.8	7:50	0.6	7:13	4:59	
22	Mon	2:03	5.0	2:24	4.6	8:40	0.7	9:00	0.5	7:13	5:00	
23	Tue	3:02	5.2	3:29	4.7	9:49	0.4	10:04	0.2	7:12	5:01	
24	Wed	4:04	5.6	4:34	4.9	10:51	0.0	11:03	-0.1	7:11	5:02	
25	Thu	5:05	6.0	5:35	5.2	11:48	-0.4	11:59	-0.5	7:11	5:03	
26	Fri	6:04	6.4	6:32	5.6			12:43	-0.8	7:10	5:05	
27	Sat	6:58	6.7	7:25	6.0	12:54	-0.8	1:35	-1.1	7:09	5:06	
28	Sun	7:50	6.9	8:16	6.2	1:47	-1.1	2:26	-1.3	7:08	5:07	
29	Mon	8:39	6.9	9:06	6.3	2:39	-1.2	3:14	-1.4	7:07	5:08	
30	Tue	9:29	6.7	9:56	6.2	3:29	-1.1	4:02	-1.3	7:07	5:10	
31	Wed	10:19	6.4	10:48	6.1	4:18	-0.9	4:48	-1.1	7:06	5:11	