

Rockaway Beach (inside), NY - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:36	5.7	8:04	5.6	1:34	-0.1	2:05	-0.2	6:28	5:46	
2	Sun	8:14	5.7	8:41	5.6	2:15	-0.1	2:43	-0.2	6:26	5:47	
3	Mon	8:50	5.6	9:17	5.5	2:55	-0.1	3:19	-0.1	6:25	5:49	
4	Tue	9:24	5.4	9:51	5.4	3:33	0.0	3:53	0.0	6:23	5:50	
5	Wed	9:58	5.2	10:24	5.3	4:09	0.2	4:25	0.2	6:22	5:51	
6	Thu	10:33	5.0	10:59	5.2	4:44	0.4	4:55	0.5	6:20	5:52	
7	Fri	11:13	4.8	11:39	5.1	5:21	0.5	5:26	0.7	6:19	5:53	
8	Sat			12:02	4.6	6:03	0.7	6:03	0.9	6:17	5:54	
9	Sun	12:29	5.1	1:00	4.5	7:00	0.8	7:01	1.0	6:15	5:55	
10	Mon	1:27	5.2	2:03	4.5	8:14	0.8	8:24	1.0	6:14	5:56	
11	Tue	2:31	5.3	3:09	4.7	9:27	0.7	9:40	0.7	6:12	5:57	
12	Wed	3:37	5.5	4:14	5.0	10:31	0.3	10:44	0.3	6:10	5:58	
13	Thu	4:42	5.8	5:16	5.4	11:28	-0.1	11:42	-0.1	6:09	6:00	
14	Fri	5:43	6.2	6:13	5.9			12:21	-0.6	6:07	6:01	
15	Sat	6:39	6.6	7:06	6.4	12:38	-0.6	1:12	-0.9	6:06	6:02	
16	Sun	7:31	6.8	7:55	6.8	1:31	-0.9	2:01	-1.1	6:04	6:03	
17	Mon	8:20	6.8	8:43	6.9	2:23	-1.1	2:48	-1.2	6:02	6:04	
18	Tue	9:09	6.7	9:31	6.9	3:13	-1.1	3:35	-1.1	6:01	6:05	
19	Wed	9:59	6.4	10:21	6.7	4:02	-1.0	4:21	-0.9	5:59	6:06	
20	Thu	10:51	6.0	11:11	6.4	4:51	-0.7	5:07	-0.5	5:57	6:07	
21	Fri	11:45	5.6			5:41	-0.3	5:56	0.0	5:56	6:08	
22	Sat	12:04	6.0	12:41	5.3	6:35	0.2	6:49	0.4	5:54	6:09	
23	Sun	12:59	5.6	1:38	5.0	7:35	0.5	7:49	0.7	5:52	6:10	
24	Mon	1:55	5.4	2:35	4.9	8:40	0.7	8:53	0.9	5:51	6:11	
25	Tue	2:53	5.2	3:34	4.9	9:42	0.7	9:54	0.8	5:49	6:12	
26	Wed	3:51	5.2	4:31	5.0	10:38	0.6	10:48	0.7	5:47	6:13	
27	Thu	4:48	5.2	5:24	5.2	11:26	0.4	11:38	0.5	5:46	6:14	
28	Fri	5:40	5.3	6:13	5.5			12:11	0.2	5:44	6:15	
29	Sat	6:27	5.5	6:56	5.7	12:24	0.3	12:53	0.1	5:42	6:16	
30	Sun	7:09	5.6	7:36	5.9	1:08	0.1	1:33	0.0	5:41	6:17	
31	Mon	7:48	5.6	8:12	5.9	1:51	0.1	2:11	0.0	5:39	6:18	