

































## Rockaway Beach (inside), NY - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:33	5.6	11:09	5.1	4:32	0.2	5:13	-0.2	7:18	4:38	
2	Tue	11:25	5.4			5:20	0.3	5:58	-0.1	7:19	4:39	
3	Wed	12:03	5.2	12:23	5.1	6:17	0.4	6:49	0.0	7:19	4:40	
4	Thu	1:00	5.3	1:24	4.9	7:24	0.5	7:50	0.1	7:19	4:41	
5	Fri	1:58	5.5	2:27	4.8	8:38	0.5	8:56	0.1	7:19	4:42	
6	Sat	2:59	5.6	3:32	4.7	9:49	0.3	9:59	0.0	7:18	4:43	
7	Sun	4:01	5.8	4:37	4.8	10:52	0.0	10:59	-0.2	7:18	4:44	
8	Mon	5:03	5.9	5:39	5.0	11:50	-0.2	11:55	-0.4	7:18	4:45	
9	Tue	6:01	6.1	6:36	5.3			12:44	-0.5	7:18	4:46	
10	Wed	6:55	6.3	7:28	5.4	12:48	-0.5	1:36	-0.6	7:18	4:47	
11	Thu	7:44	6.3	8:16	5.5	1:39	-0.6	2:24	-0.7	7:18	4:48	
12	Fri	8:30	6.3	9:02	5.5	2:27	-0.6	3:09	-0.7	7:17	4:49	
13	Sat	9:14	6.1	9:47	5.4	3:12	-0.5	3:51	-0.6	7:17	4:50	
14	Sun	9:57	5.8	10:31	5.3	3:56	-0.3	4:30	-0.4	7:17	4:51	
15	Mon	10:40	5.4	11:16	5.2	4:38	0.0	5:08	-0.2	7:16	4:52	
16	Tue	11:24	5.0			5:20	0.3	5:45	0.1	7:16	4:53	
17	Wed	12:01	5.0	12:10	4.6	6:05	0.6	6:25	0.4	7:15	4:54	
18	Thu	12:47	4.9	12:58	4.3	6:55	0.8	7:12	0.7	7:15	4:56	
19	Fri	1:34	4.8	1:50	4.1	7:53	1.0	8:07	0.9	7:14	4:57	
20	Sat	2:24	4.8	2:44	4.0	8:56	1.0	9:08	0.9	7:14	4:58	
21	Sun	3:16	4.8	3:42	4.0	9:58	0.9	10:07	0.8	7:13	4:59	
22	Mon	4:11	4.9	4:41	4.1	10:54	0.6	11:00	0.6	7:13	5:00	
23	Tue	5:06	5.1	5:36	4.3	11:46	0.4	11:50	0.4	7:12	5:01	
24	Wed	5:57	5.4	6:26	4.6			12:35	0.1	7:11	5:03	
25	Thu	6:44	5.7	7:11	4.9	12:38	0.2	1:22	-0.2	7:10	5:04	
26	Fri	7:27	5.9	7:53	5.1	1:23	0.0	2:06	-0.5	7:10	5:05	
27	Sat	8:08	6.1	8:35	5.3	2:08	-0.2	2:48	-0.6	7:09	5:06	
28	Sun	8:50	6.1	9:16	5.5	2:53	-0.3	3:29	-0.7	7:08	5:08	
29	Mon	9:32	6.0	10:00	5.7	3:37	-0.4	4:09	-0.7	7:07	5:09	
30	Tue	10:19	5.7	10:48	5.7	4:22	-0.3	4:49	-0.6	7:06	5:10	
31	Wed	11:09	5.4	11:39	5.7	5:10	-0.2	5:32	-0.3	7:05	5:11	