

































Rockaway Beach (inside), NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:55	5.5	11:18	6.1	4:58	-0.4	5:11	-0.3	6:28	5:46	
2	Fri	11:51	5.2			5:50	0.0	6:02	0.0	6:27	5:47	
3	Sat	12:14	5.9	12:52	4.9	6:50	0.3	7:02	0.4	6:25	5:48	
4	Sun	1:15	5.6	1:55	4.7	8:00	0.6	8:12	0.6	6:24	5:49	
5	Mon	2:18	5.4	3:00	4.7	9:14	0.6	9:23	0.6	6:22	5:50	
6	Tue	3:23	5.3	4:05	4.8	10:20	0.4	10:27	0.5	6:21	5:51	
7	Wed	4:27	5.4	5:07	5.0	11:17	0.2	11:24	0.2	6:19	5:53	
8	Thu	5:26	5.6	6:02	5.4			12:07	-0.1	6:18	5:54	
9	Fri	6:18	5.7	6:50	5.7	12:14	0.0	12:51	-0.3	6:16	5:55	
10	Sat	7:04	5.8	7:32	5.9	1:01	-0.1	1:33	-0.4	6:14	5:56	
11	Sun	7:45	5.8	8:11	6.0	1:45	-0.2	2:11	-0.4	6:13	5:57	
12	Mon	8:24	5.7	8:48	6.0	2:27	-0.2	2:47	-0.3	6:11	5:58	
13	Tue	9:01	5.5	9:23	5.9	3:07	-0.2	3:22	-0.1	6:10	5:59	
14	Wed	9:37	5.2	9:58	5.7	3:44	0.0	3:54	0.2	6:08	6:00	
15	Thu	10:14	5.0	10:32	5.5	4:20	0.2	4:26	0.5	6:06	6:01	
16	Fri	10:52	4.7	11:09	5.2	4:56	0.4	4:57	0.7	6:05	6:02	
17	Sat	11:34	4.4	11:51	5.0	5:34	0.7	5:30	1.0	6:03	6:03	
18	Sun			12:24	4.2	6:19	1.0	6:10	1.3	6:01	6:04	
19	Mon	12:41	4.9	1:22	4.1	7:20	1.2	7:15	1.4	6:00	6:05	
20	Tue	1:40	4.8	2:23	4.1	8:35	1.2	8:39	1.4	5:58	6:07	
21	Wed	2:43	4.9	3:26	4.3	9:43	1.0	9:51	1.2	5:56	6:08	
22	Thu	3:47	5.1	4:27	4.7	10:41	0.6	10:51	0.8	5:55	6:09	
23	Fri	4:48	5.4	5:23	5.2	11:32	0.2	11:46	0.3	5:53	6:10	
24	Sat	5:45	5.8	6:14	5.8			12:19	-0.2	5:51	6:11	
25	Sun	6:36	6.0	7:01	6.3	12:38	-0.1	1:05	-0.5	5:50	6:12	
26	Mon	7:25	6.2	7:47	6.7	1:29	-0.5	1:50	-0.7	5:48	6:13	
27	Tue	8:12	6.2	8:32	6.9	2:19	-0.7	2:35	-0.7	5:46	6:14	
28	Wed	8:59	6.1	9:18	6.9	3:08	-0.8	3:20	-0.7	5:45	6:15	
29	Thu	9:49	5.9	10:07	6.7	3:56	-0.7	4:06	-0.5	5:43	6:16	
30	Fri	10:42	5.6	11:00	6.4	4:46	-0.4	4:54	-0.2	5:42	6:17	
31	Sat	11:39	5.3	11:57	6.0	5:38	-0.1	5:46	0.2	5:40	6:18	