
































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:40	5.1	7:37	0.3	7:46	0.6	6:38	7:19	
2	Mon	1:58	5.7	2:42	4.9	8:43	0.6	8:53	0.8	6:37	7:20	
3	Tue	2:59	5.5	3:44	4.9	9:52	0.6	10:03	0.9	6:35	7:21	
4	Wed	4:01	5.3	4:45	5.1	10:55	0.5	11:06	0.8	6:33	7:22	
5	Thu	5:01	5.3	5:42	5.3	11:49	0.3			6:32	7:23	
6	Fri	5:58	5.4	6:35	5.6	12:01	0.6	12:35	0.1	6:30	7:24	
7	Sat	6:50	5.5	7:21	5.9	12:51	0.3	1:17	0.0	6:29	7:25	
8	Sun	7:36	5.5	8:02	6.1	1:37	0.2	1:57	0.0	6:27	7:26	
9	Mon	8:18	5.5	8:41	6.2	2:20	0.0	2:35	0.0	6:25	7:27	
10	Tue	8:57	5.5	9:17	6.2	3:02	0.0	3:13	0.1	6:24	7:28	
11	Wed	9:34	5.3	9:51	6.1	3:41	0.0	3:49	0.3	6:22	7:29	
12	Thu	10:11	5.1	10:24	5.9	4:19	0.1	4:23	0.5	6:21	7:31	
13	Fri	10:46	4.9	10:56	5.6	4:56	0.3	4:57	0.8	6:19	7:32	
14	Sat	11:24	4.7	11:31	5.4	5:33	0.5	5:28	1.0	6:18	7:33	
15	Sun			12:06	4.5	6:11	0.7	6:00	1.2	6:16	7:34	
16	Mon	12:12	5.3	12:56	4.4	6:55	0.9	6:38	1.4	6:14	7:35	
17	Tue	1:03	5.2	1:53	4.4	7:49	1.1	7:35	1.5	6:13	7:36	
18	Wed	2:02	5.1	2:52	4.5	8:56	1.1	8:57	1.5	6:11	7:37	
19	Thu	3:05	5.2	3:52	4.8	10:03	0.9	10:15	1.3	6:10	7:38	
20	Fri	4:09	5.3	4:51	5.2	11:01	0.6	11:21	0.8	6:09	7:39	
21	Sat	5:11	5.5	5:48	5.7	11:53	0.2			6:07	7:40	
22	Sun	6:12	5.7	6:41	6.3	12:19	0.4	12:43	-0.1	6:06	7:41	
23	Mon	7:08	5.9	7:32	6.8	1:14	-0.1	1:31	-0.3	6:04	7:42	
24	Tue	8:01	6.0	8:21	7.1	2:08	-0.4	2:20	-0.5	6:03	7:43	
25	Wed	8:52	6.1	9:10	7.2	3:00	-0.7	3:09	-0.5	6:01	7:44	
26	Thu	9:43	6.0	9:59	7.1	3:52	-0.7	3:59	-0.5	6:00	7:45	
27	Fri	10:34	5.9	10:50	6.9	4:42	-0.6	4:48	-0.3	5:59	7:46	
28	Sat	11:29	5.6	11:44	6.5	5:33	-0.4	5:39	0.0	5:57	7:47	
29	Sun			12:27	5.4	6:26	-0.1	6:32	0.3	5:56	7:48	
30	Mon	12:41	6.1	1:26	5.3	7:21	0.2	7:29	0.7	5:55	7:49	