
































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:00	5.3	3:43	5.6	9:36	0.5	10:03	1.1	5:26	8:19	
2	Sat	3:52	5.0	4:32	5.7	10:26	0.6	10:59	1.0	5:26	8:20	
3	Sun	4:44	4.9	5:20	5.8	11:13	0.6	11:50	0.8	5:25	8:21	
4	Mon	5:37	4.8	6:08	5.9	11:58	0.6			5:25	8:21	
5	Tue	6:28	4.8	6:54	6.0	12:37	0.7	12:42	0.6	5:25	8:22	
6	Wed	7:17	4.9	7:37	6.0	1:23	0.5	1:26	0.6	5:24	8:22	
7	Thu	8:02	4.9	8:18	6.0	2:09	0.4	2:09	0.7	5:24	8:23	
8	Fri	8:45	4.9	8:57	6.0	2:53	0.4	2:52	0.8	5:24	8:24	
9	Sat	9:25	4.9	9:33	5.9	3:37	0.3	3:34	0.9	5:24	8:24	
10	Sun	10:05	4.8	10:09	5.9	4:19	0.3	4:13	0.9	5:24	8:25	
11	Mon	10:45	4.8	10:47	5.8	5:00	0.4	4:51	1.0	5:23	8:25	
12	Tue	11:28	4.8	11:29	5.8	5:39	0.4	5:30	1.1	5:23	8:26	
13	Wed			12:15	4.9	6:19	0.4	6:13	1.1	5:23	8:26	
14	Thu	12:17	5.7	1:05	5.1	7:01	0.4	7:03	1.1	5:23	8:27	
15	Fri	1:11	5.5	1:57	5.4	7:48	0.4	8:07	1.1	5:23	8:27	
16	Sat	2:09	5.4	2:51	5.7	8:42	0.4	9:19	1.0	5:23	8:28	
17	Sun	3:09	5.3	3:47	6.0	9:41	0.4	10:29	0.8	5:23	8:28	
18	Mon	4:11	5.2	4:45	6.3	10:41	0.3	11:33	0.5	5:24	8:28	
19	Tue	5:15	5.2	5:44	6.6	11:39	0.1			5:24	8:28	
20	Wed	6:19	5.3	6:43	6.8	12:33	0.2	12:36	0.0	5:24	8:29	
21	Thu	7:20	5.5	7:40	7.0	1:30	-0.1	1:32	-0.1	5:24	8:29	
22	Fri	8:17	5.7	8:34	7.0	2:26	-0.3	2:28	-0.2	5:24	8:29	
23	Sat	9:11	5.8	9:26	6.9	3:20	-0.4	3:22	-0.2	5:25	8:29	
24	Sun	10:03	5.8	10:16	6.8	4:12	-0.5	4:14	-0.1	5:25	8:29	
25	Mon	10:55	5.8	11:05	6.5	5:01	-0.4	5:04	0.1	5:25	8:30	
26	Tue	11:47	5.7	11:55	6.1	5:47	-0.3	5:52	0.4	5:25	8:30	
27	Wed			12:39	5.6	6:31	-0.1	6:40	0.6	5:26	8:30	
28	Thu	12:45	5.8	1:29	5.6	7:15	0.2	7:31	0.9	5:26	8:30	
29	Fri	1:35	5.4	2:17	5.6	8:00	0.4	8:25	1.1	5:27	8:30	
30	Sat	2:24	5.1	3:04	5.6	8:47	0.6	9:23	1.2	5:27	8:30	