































Rockaway Beach (inside), NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:13	4.8	3:51	5.6	9:37	0.8	10:20	1.1	5:28	8:30	
2	Mon	4:05	4.7	4:39	5.6	10:28	0.9	11:14	1.0	5:28	8:29	
3	Tue	4:58	4.6	5:29	5.7	11:19	0.9			5:29	8:29	
4	Wed	5:53	4.6	6:19	5.7	12:05	0.9	12:08	0.9	5:29	8:29	
5	Thu	6:46	4.7	7:07	5.8	12:55	0.7	12:55	0.8	5:30	8:29	
6	Fri	7:35	4.8	7:52	5.9	1:42	0.6	1:42	0.8	5:30	8:29	
7	Sat	8:20	4.9	8:33	6.0	2:29	0.4	2:27	0.8	5:31	8:28	
8	Sun	9:03	5.0	9:11	6.1	3:14	0.3	3:11	0.8	5:32	8:28	
9	Mon	9:43	5.0	9:49	6.1	3:57	0.2	3:53	0.8	5:32	8:28	
10	Tue	10:23	5.1	10:29	6.1	4:38	0.1	4:35	0.8	5:33	8:27	
11	Wed	11:05	5.3	11:11	6.0	5:17	0.1	5:17	0.8	5:34	8:27	
12	Thu	11:50	5.4	11:58	5.8	5:55	0.1	6:01	0.8	5:34	8:26	
13	Fri			12:39	5.6	6:34	0.2	6:51	0.8	5:35	8:26	
14	Sat	12:51	5.5	1:31	5.8	7:18	0.3	7:50	0.9	5:36	8:25	
15	Sun	1:49	5.3	2:25	6.0	8:09	0.4	8:58	0.9	5:37	8:25	
16	Mon	2:49	5.2	3:22	6.2	9:11	0.4	10:09	0.8	5:38	8:24	
17	Tue	3:52	5.1	4:22	6.3	10:16	0.4	11:16	0.6	5:38	8:23	
18	Wed	4:57	5.1	5:25	6.4	11:20	0.3			5:39	8:23	
19	Thu	6:02	5.2	6:26	6.6	12:18	0.4	12:19	0.2	5:40	8:22	
20	Fri	7:04	5.4	7:25	6.7	1:16	0.1	1:16	0.0	5:41	8:21	
21	Sat	8:01	5.7	8:18	6.8	2:10	-0.2	2:11	-0.1	5:42	8:21	
22	Sun	8:53	5.8	9:07	6.8	3:02	-0.3	3:04	-0.1	5:43	8:20	
23	Mon	9:43	5.9	9:54	6.6	3:50	-0.4	3:53	0.0	5:43	8:19	
24	Tue	10:31	6.0	10:39	6.4	4:35	-0.4	4:40	0.1	5:44	8:18	
25	Wed	11:17	5.9	11:25	6.0	5:16	-0.3	5:26	0.3	5:45	8:17	
26	Thu			12:04	5.8	5:56	0.0	6:10	0.6	5:46	8:16	
27	Fri	12:10	5.6	12:49	5.7	6:34	0.3	6:55	0.9	5:47	8:15	
28	Sat	12:57	5.2	1:35	5.6	7:14	0.6	7:44	1.1	5:48	8:15	
29	Sun	1:45	4.9	2:21	5.5	7:57	0.9	8:39	1.3	5:49	8:14	
30	Mon	2:35	4.7	3:09	5.4	8:47	1.1	9:38	1.4	5:50	8:13	
31	Tue	3:26	4.5	3:59	5.4	9:44	1.2	10:38	1.3	5:51	8:12	