
































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:43	4.7	6:03	5.7	11:59	1.1			6:22	7:28	
2	Sun	6:36	5.0	6:53	6.0	12:46	0.6	12:49	0.8	6:23	7:26	
3	Mon	7:24	5.4	7:39	6.3	1:31	0.3	1:37	0.6	6:24	7:24	
4	Tue	8:07	5.8	8:23	6.4	2:15	0.0	2:24	0.3	6:25	7:23	
5	Wed	8:49	6.2	9:05	6.5	2:57	-0.2	3:11	0.1	6:26	7:21	
6	Thu	9:30	6.5	9:48	6.3	3:38	-0.3	3:57	0.0	6:27	7:20	
7	Fri	10:12	6.6	10:34	6.1	4:19	-0.3	4:44	0.0	6:28	7:18	
8	Sat	10:58	6.6	11:23	5.8	5:00	-0.2	5:32	0.2	6:29	7:16	
9	Sun	11:49	6.5			5:44	0.0	6:23	0.4	6:30	7:15	
10	Mon	12:19	5.5	12:45	6.3	6:32	0.3	7:22	0.7	6:31	7:13	
11	Tue	1:20	5.2	1:46	6.1	7:29	0.6	8:30	1.0	6:32	7:11	
12	Wed	2:24	5.1	2:49	6.0	8:37	0.8	9:43	1.0	6:33	7:10	
13	Thu	3:29	5.0	3:53	5.9	9:49	0.8	10:51	0.8	6:33	7:08	
14	Fri	4:33	5.1	4:56	6.0	10:55	0.7	11:49	0.5	6:34	7:06	
15	Sat	5:36	5.4	5:56	6.1	11:54	0.5			6:35	7:05	
16	Sun	6:33	5.7	6:50	6.3	12:40	0.2	12:47	0.3	6:36	7:03	
17	Mon	7:24	6.0	7:38	6.3	1:26	-0.1	1:36	0.2	6:37	7:01	
18	Tue	8:09	6.3	8:21	6.3	2:09	-0.2	2:22	0.1	6:38	6:59	
19	Wed	8:50	6.4	9:02	6.2	2:49	-0.2	3:06	0.1	6:39	6:58	
20	Thu	9:29	6.4	9:41	5.9	3:28	-0.1	3:47	0.2	6:40	6:56	
21	Fri	10:06	6.3	10:20	5.6	4:04	0.1	4:28	0.3	6:41	6:54	
22	Sat	10:44	6.1	10:58	5.3	4:39	0.4	5:07	0.6	6:42	6:53	
23	Sun	11:21	5.8	11:39	5.0	5:14	0.7	5:45	0.8	6:43	6:51	
24	Mon			12:02	5.5	5:48	1.0	6:26	1.1	6:44	6:49	
25	Tue	12:24	4.7	12:47	5.3	6:25	1.3	7:14	1.4	6:45	6:48	
26	Wed	1:16	4.4	1:39	5.1	7:08	1.5	8:14	1.6	6:46	6:46	
27	Thu	2:13	4.3	2:36	5.1	8:10	1.7	9:23	1.5	6:47	6:44	
28	Fri	3:13	4.3	3:33	5.2	9:24	1.7	10:28	1.3	6:48	6:43	
29	Sat	4:12	4.5	4:31	5.4	10:31	1.5	11:23	0.9	6:49	6:41	
30	Sun	5:09	4.8	5:27	5.7	11:29	1.1			6:50	6:39	