

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:02	5.3	6:20	5.9	12:11	0.5	12:22	0.7	6:51	6:38	
2	Tue	6:51	5.8	7:10	6.2	12:56	0.1	1:12	0.3	6:52	6:36	
3	Wed	7:36	6.3	7:57	6.3	1:40	-0.2	2:01	0.0	6:53	6:34	
4	Thu	8:20	6.7	8:43	6.4	2:23	-0.3	2:50	-0.2	6:54	6:33	
5	Fri	9:04	7.0	9:29	6.3	3:07	-0.4	3:38	-0.3	6:55	6:31	
6	Sat	9:49	7.0	10:17	6.0	3:51	-0.4	4:27	-0.3	6:56	6:30	
7	Sun	10:37	6.9	11:08	5.7	4:37	-0.3	5:18	-0.1	6:57	6:28	
8	Mon	11:29	6.6			5:25	0.0	6:11	0.3	6:58	6:26	
9	Tue	12:06	5.4	12:28	6.3	6:17	0.3	7:09	0.6	6:59	6:25	
10	Wed	1:08	5.2	1:31	6.0	7:16	0.6	8:15	0.8	7:00	6:23	
11	Thu	2:13	5.1	2:34	5.8	8:23	0.9	9:26	0.8	7:02	6:22	
12	Fri	3:17	5.1	3:36	5.7	9:33	0.9	10:31	0.6	7:03	6:20	
13	Sat	4:18	5.3	4:36	5.7	10:39	0.8	11:26	0.4	7:04	6:18	
14	Sun	5:17	5.5	5:33	5.8	11:37	0.6			7:05	6:17	
15	Mon	6:10	5.8	6:25	5.8	12:13	0.1	12:27	0.4	7:06	6:15	
16	Tue	6:58	6.1	7:12	5.9	12:56	0.0	1:14	0.2	7:07	6:14	
17	Wed	7:41	6.3	7:56	5.8	1:37	-0.1	1:58	0.1	7:08	6:12	
18	Thu	8:21	6.4	8:36	5.8	2:15	0.0	2:40	0.1	7:09	6:11	
19	Fri	8:58	6.4	9:15	5.6	2:53	0.1	3:21	0.1	7:10	6:09	
20	Sat	9:34	6.2	9:52	5.3	3:30	0.3	4:01	0.3	7:11	6:08	
21	Sun	10:09	6.0	10:29	5.1	4:06	0.5	4:39	0.5	7:12	6:07	
22	Mon	10:44	5.7	11:07	4.8	4:41	0.7	5:18	0.7	7:13	6:05	
23	Tue	11:21	5.4	11:49	4.5	5:16	1.0	5:58	1.0	7:15	6:04	
24	Wed			12:03	5.2	5:50	1.2	6:43	1.2	7:16	6:02	
25	Thu	12:40	4.3	12:53	5.1	6:29	1.5	7:37	1.3	7:17	6:01	
26	Fri	1:38	4.3	1:51	5.0	7:22	1.6	8:41	1.3	7:18	6:00	
27	Sat	2:37	4.3	2:51	5.1	8:38	1.6	9:46	1.1	7:19	5:58	
28	Sun	2:35	4.6	2:51	5.2	8:54	1.4	9:42	0.7	6:20	4:57	
29	Mon	3:31	5.0	3:49	5.4	9:58	1.0	10:33	0.4	6:21	4:56	
30	Tue	4:25	5.5	4:47	5.6	10:55	0.6	11:20	0.0	6:23	4:54	
31	Wed	5:16	6.1	5:41	5.8	11:48	0.1			6:24	4:53	