
































Rockaway Beach (inside), NY - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:06	6.6	6:33	6.0	12:06	-0.3	12:39	-0.3	6:25	4:52	
2	Fri	6:54	7.0	7:22	6.1	12:53	-0.5	1:30	-0.5	6:26	4:51	
3	Sat	7:41	7.1	8:11	6.0	1:40	-0.6	2:21	-0.6	6:27	4:50	
4	Sun	8:30	7.1	9:01	5.9	2:29	-0.6	3:13	-0.5	6:28	4:48	
5	Mon	9:20	6.9	9:55	5.6	3:19	-0.4	4:04	-0.3	6:30	4:47	
6	Tue	10:14	6.6	10:52	5.4	4:10	-0.2	4:58	-0.1	6:31	4:46	
7	Wed	11:12	6.2	11:54	5.2	5:03	0.1	5:54	0.2	6:32	4:45	
8	Thu			12:12	5.9	6:00	0.4	6:54	0.4	6:33	4:44	
9	Fri	12:56	5.1	1:13	5.6	7:03	0.7	7:58	0.5	6:34	4:43	
10	Sat	1:57	5.1	2:12	5.4	8:10	0.9	8:59	0.4	6:35	4:42	
11	Sun	2:54	5.3	3:08	5.3	9:15	0.8	9:52	0.3	6:37	4:41	
12	Mon	3:49	5.5	4:03	5.3	10:13	0.6	10:40	0.2	6:38	4:40	
13	Tue	4:40	5.7	4:56	5.2	11:04	0.4	11:23	0.1	6:39	4:39	
14	Wed	5:27	5.9	5:45	5.3	11:50	0.2			6:40	4:38	
15	Thu	6:11	6.1	6:30	5.3	12:03	0.1	12:34	0.1	6:41	4:38	
16	Fri	6:52	6.2	7:12	5.3	12:43	0.1	1:16	0.0	6:42	4:37	
17	Sat	7:30	6.1	7:51	5.2	1:23	0.2	1:57	0.1	6:44	4:36	
18	Sun	8:07	6.0	8:29	5.0	2:02	0.3	2:38	0.1	6:45	4:35	
19	Mon	8:42	5.8	9:06	4.9	2:40	0.4	3:18	0.3	6:46	4:34	
20	Tue	9:17	5.6	9:43	4.6	3:17	0.6	3:57	0.4	6:47	4:34	
21	Wed	9:51	5.4	10:24	4.4	3:52	0.8	4:37	0.6	6:48	4:33	
22	Thu	10:29	5.3	11:10	4.3	4:26	1.0	5:18	0.7	6:49	4:33	
23	Fri	11:15	5.1			5:03	1.2	6:04	0.8	6:50	4:32	
24	Sat	12:03	4.3	12:10	5.0	5:49	1.3	6:57	0.8	6:52	4:31	
25	Sun	12:59	4.5	1:10	5.0	6:55	1.3	7:56	0.7	6:53	4:31	
26	Mon	1:55	4.8	2:12	5.0	8:14	1.2	8:56	0.5	6:54	4:30	
27	Tue	2:51	5.2	3:13	5.1	9:26	0.8	9:52	0.3	6:55	4:30	
28	Wed	3:47	5.6	4:15	5.2	10:28	0.4	10:45	0.0	6:56	4:30	
29	Thu	4:44	6.1	5:15	5.4	11:25	-0.1	11:36	-0.3	6:57	4:29	
30	Fri	5:39	6.5	6:11	5.6			12:20	-0.4	6:58	4:29	