
































Rockaway Beach (inside), NY - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:18	5.3	4:47	4.8	10:57	0.3	11:04	0.1	7:18	4:38	
2	Tue	5:09	5.4	5:39	4.9	11:45	0.1	11:50	0.0	7:18	4:39	
3	Wed	5:58	5.6	6:27	5.0			12:31	0.0	7:19	4:40	
4	Thu	6:42	5.7	7:12	5.0	12:35	-0.1	1:14	-0.1	7:19	4:41	
5	Fri	7:23	5.7	7:53	5.1	1:18	-0.1	1:57	-0.2	7:19	4:41	
6	Sat	8:01	5.7	8:32	5.0	2:00	-0.1	2:38	-0.2	7:19	4:42	
7	Sun	8:37	5.6	9:09	5.0	2:41	0.0	3:16	-0.2	7:18	4:43	
8	Mon	9:10	5.5	9:45	4.9	3:19	0.1	3:53	-0.1	7:18	4:44	
9	Tue	9:44	5.4	10:23	4.8	3:56	0.2	4:29	0.0	7:18	4:45	
10	Wed	10:20	5.2	11:03	4.8	4:33	0.4	5:03	0.2	7:18	4:46	
11	Thu	11:03	5.1	11:49	4.8	5:11	0.5	5:39	0.3	7:18	4:47	
12	Fri	11:55	4.9			5:56	0.6	6:23	0.4	7:17	4:48	
13	Sat	12:42	4.9	12:54	4.8	6:56	0.6	7:22	0.5	7:17	4:50	
14	Sun	1:38	5.1	1:58	4.7	8:09	0.6	8:32	0.4	7:17	4:51	
15	Mon	2:39	5.3	3:03	4.8	9:22	0.4	9:40	0.2	7:16	4:52	
16	Tue	3:41	5.6	4:09	4.9	10:27	0.0	10:42	-0.2	7:16	4:53	
17	Wed	4:44	6.0	5:13	5.2	11:27	-0.4	11:39	-0.5	7:16	4:54	
18	Thu	5:44	6.4	6:12	5.6			12:23	-0.8	7:15	4:55	
19	Fri	6:40	6.7	7:07	5.9	12:35	-0.8	1:16	-1.1	7:15	4:56	
20	Sat	7:32	6.9	7:59	6.1	1:28	-1.1	2:08	-1.3	7:14	4:57	
21	Sun	8:22	6.9	8:49	6.2	2:20	-1.2	2:57	-1.4	7:13	4:59	
22	Mon	9:11	6.7	9:38	6.2	3:11	-1.1	3:44	-1.3	7:13	5:00	
23	Tue	10:00	6.4	10:28	6.0	4:00	-0.9	4:30	-1.1	7:12	5:01	
24	Wed	10:50	6.0	11:19	5.8	4:48	-0.6	5:15	-0.8	7:11	5:02	
25	Thu	11:42	5.6			5:36	-0.2	6:01	-0.4	7:11	5:03	
26	Fri	12:10	5.5	12:34	5.2	6:28	0.2	6:50	0.0	7:10	5:05	
27	Sat	1:02	5.3	1:28	4.8	7:24	0.5	7:44	0.3	7:09	5:06	
28	Sun	1:54	5.1	2:22	4.6	8:26	0.7	8:42	0.5	7:08	5:07	
29	Mon	2:47	5.0	3:18	4.5	9:28	0.7	9:39	0.5	7:08	5:08	
30	Tue	3:41	5.0	4:15	4.5	10:25	0.6	10:32	0.4	7:07	5:09	
31	Wed	4:36	5.1	5:10	4.6	11:16	0.4	11:22	0.3	7:06	5:11	