






























Rockaway Beach (inside), NY - Feb 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:29	5.2	6:01	4.8			12:04	0.2	7:05	5:12	
2	Fri	6:16	5.4	6:48	5.0	12:09	0.1	12:49	0.0	7:04	5:13	
3	Sat	6:59	5.5	7:30	5.1	12:55	0.0	1:32	-0.2	7:03	5:14	
4	Sun	7:38	5.6	8:08	5.2	1:38	-0.1	2:13	-0.3	7:02	5:16	
5	Mon	8:14	5.6	8:44	5.3	2:19	-0.1	2:52	-0.3	7:01	5:17	
6	Tue	8:49	5.6	9:20	5.3	2:59	-0.1	3:28	-0.3	7:00	5:18	
7	Wed	9:23	5.5	9:55	5.3	3:37	0.0	4:03	-0.2	6:59	5:19	
8	Thu	10:00	5.4	10:33	5.3	4:15	0.0	4:37	0.0	6:58	5:20	
9	Fri	10:42	5.2	11:18	5.3	4:53	0.1	5:11	0.1	6:56	5:22	
10	Sat	11:33	5.0			5:37	0.3	5:52	0.3	6:55	5:23	
11	Sun	12:10	5.3	12:31	4.9	6:32	0.4	6:47	0.4	6:54	5:24	
12	Mon	1:09	5.4	1:35	4.8	7:42	0.5	7:59	0.5	6:53	5:25	
13	Tue	2:11	5.5	2:41	4.8	8:57	0.4	9:15	0.3	6:52	5:27	
14	Wed	3:16	5.6	3:49	5.0	10:06	0.1	10:22	0.0	6:50	5:28	
15	Thu	4:22	5.9	4:54	5.3	11:07	-0.3	11:22	-0.3	6:49	5:29	
16	Fri	5:25	6.2	5:55	5.7			12:04	-0.6	6:48	5:30	
17	Sat	6:22	6.5	6:50	6.0	12:19	-0.7	12:56	-1.0	6:46	5:31	
18	Sun	7:15	6.7	7:41	6.3	1:12	-0.9	1:46	-1.2	6:45	5:33	
19	Mon	8:04	6.7	8:29	6.5	2:04	-1.1	2:34	-1.3	6:44	5:34	
20	Tue	8:51	6.6	9:15	6.4	2:52	-1.0	3:19	-1.2	6:42	5:35	
21	Wed	9:38	6.3	10:01	6.2	3:39	-0.9	4:02	-1.0	6:41	5:36	
22	Thu	10:25	5.9	10:47	6.0	4:24	-0.6	4:44	-0.6	6:39	5:37	
23	Fri	11:13	5.5	11:34	5.7	5:09	-0.2	5:26	-0.2	6:38	5:38	
24	Sat			12:03	5.1	5:55	0.2	6:10	0.2	6:37	5:40	
25	Sun	12:23	5.4	12:54	4.8	6:45	0.5	7:00	0.6	6:35	5:41	
26	Mon	1:13	5.1	1:48	4.5	7:43	0.8	7:57	0.8	6:34	5:42	
27	Tue	2:06	4.9	2:43	4.4	8:46	1.0	8:59	0.9	6:32	5:43	
28	Wed	3:01	4.8	3:40	4.4	9:48	0.9	9:58	0.8	6:31	5:44	
29	Thu	3:58	4.9	4:37	4.6	10:43	0.7	10:52	0.6	6:29	5:45	