

































## Rockaway Beach (inside), NY - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:53	5.0	5:31	4.8	11:32	0.4	11:42	0.4	6:28	5:46	
2	Sat	5:44	5.2	6:19	5.1			12:18	0.2	6:26	5:48	
3	Sun	6:30	5.4	7:02	5.4	12:28	0.2	1:02	0.0	6:25	5:49	
4	Mon	7:11	5.6	7:41	5.6	1:13	0.0	1:43	-0.2	6:23	5:50	
5	Tue	7:50	5.7	8:17	5.7	1:56	-0.1	2:23	-0.3	6:21	5:51	
6	Wed	8:27	5.8	8:53	5.8	2:38	-0.2	3:01	-0.3	6:20	5:52	
7	Thu	9:04	5.7	9:30	5.9	3:18	-0.2	3:37	-0.2	6:18	5:53	
8	Fri	9:44	5.6	10:10	5.9	3:58	-0.2	4:14	-0.1	6:17	5:54	
9	Sat	10:28	5.4	10:55	5.9	4:40	-0.1	4:51	0.1	6:15	5:55	
10	Sun	11:20	5.2	11:48	5.8	5:26	0.0	5:35	0.3	6:13	5:56	
11	Mon			12:18	5.0	6:20	0.3	6:30	0.5	6:12	5:57	
12	Tue	12:48	5.7	1:21	5.0	7:25	0.4	7:40	0.6	6:10	5:59	
13	Wed	1:51	5.7	2:26	5.0	8:37	0.4	8:56	0.5	6:09	6:00	
14	Thu	2:57	5.7	3:32	5.2	9:46	0.2	10:05	0.3	6:07	6:01	
15	Fri	4:02	5.8	4:36	5.5	10:47	-0.1	11:06	-0.1	6:05	6:02	
16	Sat	5:05	6.1	5:36	5.9	11:42	-0.5			6:04	6:03	
17	Sun	6:02	6.3	6:30	6.3	12:02	-0.4	12:33	-0.7	6:02	6:04	
18	Mon	6:55	6.5	7:20	6.5	12:55	-0.6	1:22	-0.9	6:00	6:05	
19	Tue	7:43	6.5	8:05	6.7	1:45	-0.8	2:08	-0.9	5:59	6:06	
20	Wed	8:29	6.4	8:49	6.6	2:32	-0.8	2:51	-0.8	5:57	6:07	
21	Thu	9:14	6.2	9:32	6.4	3:17	-0.7	3:33	-0.6	5:55	6:08	
22	Fri	9:59	5.8	10:14	6.1	4:00	-0.4	4:13	-0.3	5:54	6:09	
23	Sat	10:44	5.5	10:58	5.8	4:42	-0.1	4:53	0.1	5:52	6:10	
24	Sun	11:32	5.1	11:44	5.5	5:25	0.3	5:34	0.5	5:51	6:11	
25	Mon			12:22	4.8	6:10	0.6	6:20	0.8	5:49	6:12	
26	Tue	12:33	5.2	1:14	4.6	7:02	0.9	7:13	1.1	5:47	6:13	
27	Wed	1:25	5.0	2:08	4.5	8:02	1.1	8:16	1.2	5:46	6:14	
28	Thu	2:19	4.8	3:04	4.6	9:05	1.1	9:19	1.2	5:44	6:15	
29	Fri	3:15	4.8	4:00	4.7	10:03	0.9	10:17	1.0	5:42	6:17	
30	Sat	4:11	4.9	4:54	5.0	10:55	0.7	11:10	0.7	5:41	6:18	
31	Sun	5:05	5.1	5:43	5.3	11:42	0.4			5:39	6:19	