

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:51	6.1	9:13	7.3	3:02	-0.7	3:10	-0.4	5:28	8:29	
2	Tue	9:43	6.2	10:04	7.2	3:54	-0.8	4:04	-0.4	5:28	8:29	
3	Wed	10:36	6.3	10:56	7.0	4:45	-0.9	4:56	-0.4	5:29	8:29	
4	Thu	11:30	6.3	11:50	6.7	5:34	-0.8	5:48	-0.2	5:30	8:29	
5	Fri			12:25	6.2	6:22	-0.7	6:41	0.1	5:30	8:29	
6	Sat	12:44	6.3	1:20	6.2	7:12	-0.4	7:37	0.4	5:31	8:28	
7	Sun	1:39	6.0	2:13	6.1	8:04	-0.1	8:36	0.6	5:31	8:28	
8	Mon	2:33	5.6	3:06	6.0	8:58	0.1	9:38	0.8	5:32	8:28	
9	Tue	3:28	5.4	3:58	6.0	9:53	0.3	10:37	0.8	5:33	8:27	
10	Wed	4:23	5.2	4:50	6.0	10:46	0.4	11:33	0.7	5:33	8:27	
11	Thu	5:18	5.1	5:42	6.0	11:37	0.4			5:34	8:26	
12	Fri	6:13	5.1	6:33	6.0	12:24	0.6	12:25	0.4	5:35	8:26	
13	Sat	7:05	5.2	7:21	6.1	1:12	0.4	1:12	0.4	5:36	8:25	
14	Sun	7:53	5.3	8:05	6.1	1:58	0.3	1:58	0.4	5:36	8:25	
15	Mon	8:38	5.3	8:46	6.1	2:42	0.3	2:43	0.5	5:37	8:24	
16	Tue	9:20	5.3	9:24	6.0	3:24	0.2	3:26	0.5	5:38	8:24	
17	Wed	10:00	5.3	10:00	5.9	4:05	0.2	4:07	0.6	5:39	8:23	
18	Thu	10:39	5.3	10:35	5.7	4:43	0.3	4:46	0.8	5:40	8:22	
19	Fri	11:18	5.2	11:10	5.6	5:19	0.4	5:25	0.9	5:40	8:22	
20	Sat	11:57	5.2	11:49	5.4	5:54	0.5	6:03	1.0	5:41	8:21	
21	Sun			12:39	5.3	6:28	0.6	6:45	1.1	5:42	8:20	
22	Mon	12:35	5.3	1:25	5.4	7:06	0.7	7:35	1.1	5:43	8:19	
23	Tue	1:28	5.2	2:15	5.6	7:52	0.8	8:39	1.1	5:44	8:19	
24	Wed	2:27	5.1	3:09	5.8	8:52	0.8	9:49	1.0	5:45	8:18	
25	Thu	3:28	5.1	4:07	6.0	10:00	0.7	10:55	0.7	5:46	8:17	
26	Fri	4:32	5.2	5:08	6.3	11:04	0.5	11:56	0.3	5:47	8:16	
27	Sat	5:37	5.4	6:09	6.7			12:04	0.2	5:48	8:15	
28	Sun	6:39	5.7	7:08	7.0	12:53	-0.1	1:01	-0.1	5:48	8:14	
29	Mon	7:38	6.0	8:03	7.2	1:48	-0.4	1:58	-0.4	5:49	8:13	
30	Tue	8:32	6.3	8:55	7.3	2:41	-0.7	2:53	-0.5	5:50	8:12	
31	Wed	9:24	6.5	9:46	7.2	3:33	-0.9	3:46	-0.5	5:51	8:11	