

































## Rockaway Beach (inside), NY - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:45	4.5	12:45	4.6	6:47	1.0	7:19	0.7	7:18	4:39	
2	Thu	1:34	4.6	1:41	4.5	7:51	1.0	8:20	0.7	7:19	4:39	
3	Fri	2:26	4.8	2:40	4.5	8:59	0.8	9:21	0.5	7:19	4:40	
4	Sat	3:21	5.1	3:42	4.6	10:02	0.5	10:18	0.3	7:19	4:41	
5	Sun	4:17	5.4	4:42	4.8	10:59	0.1	11:12	0.0	7:19	4:42	
6	Mon	5:13	5.8	5:41	5.1	11:54	-0.3			7:18	4:43	
7	Tue	6:08	6.3	6:35	5.4	12:04	-0.4	12:46	-0.7	7:18	4:44	
8	Wed	6:59	6.6	7:26	5.7	12:56	-0.7	1:38	-1.0	7:18	4:45	
9	Thu	7:49	6.8	8:16	5.9	1:47	-0.9	2:28	-1.2	7:18	4:46	
10	Fri	8:39	6.9	9:06	6.0	2:38	-1.0	3:17	-1.3	7:18	4:47	
11	Sat	9:28	6.7	9:57	6.0	3:28	-1.0	4:05	-1.2	7:18	4:48	
12	Sun	10:20	6.4	10:50	5.9	4:19	-0.9	4:53	-1.1	7:17	4:49	
13	Mon	11:14	6.1	11:46	5.8	5:10	-0.6	5:42	-0.8	7:17	4:50	
14	Tue			12:09	5.7	6:04	-0.2	6:34	-0.5	7:17	4:51	
15	Wed	12:41	5.6	1:06	5.3	7:03	0.1	7:30	-0.2	7:16	4:53	
16	Thu	1:37	5.5	2:03	5.1	8:07	0.3	8:30	0.0	7:16	4:54	
17	Fri	2:33	5.4	3:01	4.9	9:12	0.4	9:29	0.1	7:15	4:55	
18	Sat	3:29	5.4	4:00	4.8	10:13	0.3	10:24	0.1	7:15	4:56	
19	Sun	4:25	5.4	4:57	4.8	11:07	0.1	11:15	0.0	7:14	4:57	
20	Mon	5:19	5.5	5:51	4.9	11:57	0.0			7:14	4:58	
21	Tue	6:09	5.6	6:39	5.1	12:02	-0.1	12:43	-0.1	7:13	4:59	
22	Wed	6:55	5.7	7:24	5.2	12:48	-0.2	1:27	-0.2	7:12	5:01	
23	Thu	7:36	5.7	8:05	5.2	1:32	-0.2	2:09	-0.3	7:12	5:02	
24	Fri	8:15	5.7	8:44	5.2	2:14	-0.2	2:49	-0.3	7:11	5:03	
25	Sat	8:51	5.6	9:22	5.1	2:54	-0.1	3:26	-0.2	7:10	5:04	
26	Sun	9:26	5.4	9:59	5.0	3:32	0.0	4:02	-0.1	7:09	5:05	
27	Mon	9:59	5.2	10:35	4.9	4:09	0.2	4:36	0.1	7:09	5:07	
28	Tue	10:34	5.0	11:14	4.8	4:45	0.4	5:09	0.2	7:08	5:08	
29	Wed	11:15	4.8	11:56	4.8	5:22	0.5	5:42	0.4	7:07	5:09	
30	Thu			12:03	4.7	6:06	0.7	6:22	0.6	7:06	5:10	
31	Fri	12:45	4.8	1:00	4.5	7:03	0.8	7:20	0.7	7:05	5:12	