
















Rockaway Beach (inside), NY - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:06	5.3	12:32	4.7	6:32	0.6	6:36	0.7	6:28	5:46	
2	Sun	1:04	5.3	1:36	4.7	7:42	0.7	7:53	0.8	6:26	5:47	
3	Mon	2:07	5.4	2:42	4.7	8:58	0.6	9:13	0.6	6:25	5:48	
4	Tue	3:13	5.6	3:49	5.0	10:06	0.3	10:21	0.3	6:23	5:50	
5	Wed	4:20	5.8	4:54	5.4	11:06	-0.1	11:22	-0.2	6:22	5:51	
6	Thu	5:23	6.2	5:54	5.8			12:02	-0.6	6:20	5:52	
7	Fri	6:21	6.5	6:48	6.3	12:19	-0.6	12:54	-0.9	6:19	5:53	
8	Sat	7:14	6.8	7:39	6.7	1:13	-0.9	1:44	-1.2	6:17	5:54	
9	Sun	8:04	6.8	8:28	6.8	2:05	-1.1	2:32	-1.3	6:15	5:55	
10	Mon	8:52	6.7	9:15	6.8	2:55	-1.1	3:19	-1.2	6:14	5:56	
11	Tue	9:41	6.5	10:03	6.6	3:44	-1.0	4:04	-1.0	6:12	5:57	
12	Wed	10:30	6.1	10:51	6.3	4:31	-0.7	4:48	-0.6	6:11	5:58	
13	Thu	11:22	5.7	11:41	5.9	5:18	-0.3	5:34	-0.2	6:09	5:59	
14	Fri			12:15	5.3	6:08	0.1	6:22	0.3	6:07	6:00	
15	Sat	12:33	5.6	1:10	5.0	7:03	0.5	7:17	0.7	6:06	6:02	
16	Sun	1:27	5.3	2:05	4.8	8:04	0.8	8:18	0.9	6:04	6:03	
17	Mon	2:22	5.1	3:02	4.7	9:07	0.8	9:19	0.9	6:02	6:04	
18	Tue	3:19	5.0	3:59	4.8	10:06	0.8	10:17	0.8	6:01	6:05	
19	Wed	4:16	5.0	4:54	5.0	10:58	0.6	11:09	0.6	5:59	6:06	
20	Thu	5:10	5.2	5:46	5.2	11:45	0.4	11:57	0.4	5:58	6:07	
21	Fri	6:00	5.3	6:31	5.5			12:28	0.2	5:56	6:08	
22	Sat	6:44	5.5	7:13	5.7	12:42	0.2	1:10	0.0	5:54	6:09	
23	Sun	7:24	5.6	7:50	5.8	1:26	0.1	1:50	0.0	5:53	6:10	
24	Mon	8:01	5.6	8:25	5.9	2:08	0.0	2:28	0.0	5:51	6:11	
25	Tue	8:37	5.6	8:59	5.9	2:48	0.0	3:04	0.0	5:49	6:12	
26	Wed	9:12	5.5	9:32	5.8	3:26	0.0	3:39	0.2	5:48	6:13	
27	Thu	9:48	5.3	10:08	5.8	4:04	0.1	4:13	0.3	5:46	6:14	
28	Fri	10:30	5.2	10:50	5.7	4:43	0.2	4:47	0.5	5:44	6:15	
29	Sat	11:19	5.0	11:41	5.7	5:26	0.3	5:26	0.6	5:43	6:16	
30	Sun			12:17	4.9	6:17	0.5	6:19	0.8	5:41	6:17	
31	Mon	12:41	5.6	1:20	4.9	7:22	0.6	7:33	0.9	5:39	6:18	