
































## Rockaway Beach (inside), NY - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:46	5.2	4:04	4.6	10:15	0.5	10:32	0.2	7:18	4:38	
2	Sun	4:37	5.3	4:57	4.6	11:06	0.3	11:18	0.2	7:18	4:39	
3	Mon	5:26	5.5	5:47	4.7	11:53	0.1			7:19	4:40	
4	Tue	6:12	5.6	6:34	4.8	12:02	0.1	12:38	0.0	7:19	4:41	
5	Wed	6:55	5.7	7:17	4.9	12:46	0.0	1:22	-0.1	7:19	4:42	
6	Thu	7:34	5.7	7:57	4.9	1:28	0.0	2:05	-0.2	7:18	4:42	
7	Fri	8:11	5.7	8:34	4.9	2:09	0.1	2:46	-0.2	7:18	4:43	
8	Sat	8:46	5.6	9:11	4.8	2:48	0.1	3:26	-0.2	7:18	4:44	
9	Sun	9:21	5.5	9:49	4.7	3:26	0.2	4:04	-0.1	7:18	4:45	
10	Mon	9:57	5.4	10:29	4.7	4:02	0.3	4:42	0.0	7:18	4:46	
11	Tue	10:38	5.3	11:14	4.7	4:38	0.4	5:20	0.1	7:18	4:47	
12	Wed	11:27	5.2			5:19	0.5	6:03	0.2	7:17	4:48	
13	Thu	12:06	4.8	12:24	5.0	6:12	0.6	6:54	0.3	7:17	4:50	
14	Fri	1:02	5.0	1:26	4.9	7:21	0.7	7:57	0.3	7:17	4:51	
15	Sat	2:01	5.2	2:30	4.8	8:39	0.6	9:03	0.2	7:16	4:52	
16	Sun	3:02	5.5	3:35	4.9	9:50	0.3	10:06	-0.1	7:16	4:53	
17	Mon	4:04	5.8	4:40	5.1	10:54	-0.1	11:05	-0.4	7:16	4:54	
18	Tue	5:06	6.1	5:42	5.3	11:52	-0.5			7:15	4:55	
19	Wed	6:05	6.4	6:39	5.6	12:01	-0.7	12:47	-0.8	7:15	4:56	
20	Thu	6:59	6.7	7:32	5.8	12:55	-0.9	1:40	-1.0	7:14	4:57	
21	Fri	7:51	6.8	8:23	5.9	1:48	-1.0	2:31	-1.1	7:13	4:59	
22	Sat	8:40	6.7	9:12	5.9	2:38	-1.0	3:19	-1.1	7:13	5:00	
23	Sun	9:28	6.5	10:01	5.8	3:27	-0.9	4:06	-1.0	7:12	5:01	
24	Mon	10:16	6.1	10:51	5.6	4:14	-0.7	4:50	-0.7	7:11	5:02	
25	Tue	11:05	5.7	11:41	5.4	5:01	-0.3	5:34	-0.4	7:11	5:03	
26	Wed	11:55	5.3			5:48	0.0	6:19	-0.1	7:10	5:05	
27	Thu	12:31	5.2	12:45	4.9	6:39	0.4	7:07	0.3	7:09	5:06	
28	Fri	1:21	5.1	1:37	4.6	7:36	0.6	8:00	0.5	7:08	5:07	
29	Sat	2:12	5.0	2:31	4.4	8:37	0.8	8:57	0.6	7:08	5:08	
30	Sun	3:04	5.0	3:26	4.3	9:37	0.7	9:52	0.6	7:07	5:09	
31	Mon	3:57	5.0	4:22	4.3	10:32	0.6	10:44	0.5	7:06	5:11	