

































Rockaway Beach (inside), NY - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:11	4.9	4:43	4.5	10:51	0.7	11:03	0.8	6:28	5:46	
2	Thu	5:06	5.1	5:37	4.7	11:41	0.4	11:52	0.5	6:26	5:48	
3	Fri	5:57	5.3	6:24	5.0			12:28	0.1	6:25	5:49	
4	Sat	6:42	5.6	7:07	5.3	12:39	0.3	1:13	-0.1	6:23	5:50	
5	Sun	7:24	5.8	7:47	5.5	1:24	0.1	1:55	-0.3	6:21	5:51	
6	Mon	8:03	6.0	8:25	5.7	2:07	-0.1	2:36	-0.4	6:20	5:52	
7	Tue	8:43	6.0	9:03	5.9	2:49	-0.2	3:15	-0.5	6:18	5:53	
8	Wed	9:23	5.9	9:44	6.0	3:31	-0.3	3:54	-0.4	6:17	5:54	
9	Thu	10:07	5.7	10:28	6.0	4:14	-0.2	4:33	-0.3	6:15	5:55	
10	Fri	10:56	5.5	11:18	6.0	4:59	-0.1	5:15	-0.1	6:13	5:56	
11	Sat	11:52	5.2			5:49	0.1	6:03	0.2	6:12	5:58	
12	Sun	12:13	5.8	12:52	5.0	6:49	0.4	7:04	0.4	6:10	5:59	
13	Mon	1:14	5.7	1:56	4.9	7:59	0.5	8:15	0.5	6:09	6:00	
14	Tue	2:18	5.7	3:01	5.0	9:12	0.5	9:26	0.4	6:07	6:01	
15	Wed	3:23	5.7	4:06	5.1	10:19	0.2	10:31	0.2	6:05	6:02	
16	Thu	4:28	5.8	5:09	5.5	11:17	-0.1	11:29	-0.1	6:04	6:03	
17	Fri	5:29	6.0	6:06	5.8			12:10	-0.4	6:02	6:04	
18	Sat	6:24	6.2	6:57	6.1	12:23	-0.3	12:59	-0.6	6:00	6:05	
19	Sun	7:14	6.3	7:43	6.3	1:13	-0.5	1:45	-0.7	5:59	6:06	
20	Mon	7:59	6.3	8:26	6.4	2:01	-0.6	2:28	-0.7	5:57	6:07	
21	Tue	8:42	6.2	9:08	6.3	2:45	-0.6	3:09	-0.5	5:55	6:08	
22	Wed	9:24	5.9	9:48	6.2	3:28	-0.4	3:47	-0.3	5:54	6:09	
23	Thu	10:06	5.6	10:29	5.9	4:09	-0.2	4:24	0.0	5:52	6:10	
24	Fri	10:49	5.2	11:11	5.6	4:49	0.1	5:00	0.4	5:50	6:11	
25	Sat	11:34	4.9	11:55	5.3	5:30	0.4	5:38	0.8	5:49	6:12	
26	Sun			12:23	4.6	6:14	0.7	6:21	1.1	5:47	6:13	
27	Mon	12:43	5.1	1:15	4.4	7:07	1.0	7:16	1.3	5:46	6:14	
28	Tue	1:34	4.9	2:10	4.4	8:09	1.1	8:23	1.4	5:44	6:16	
29	Wed	2:29	4.8	3:07	4.4	9:14	1.1	9:29	1.4	5:42	6:17	
30	Thu	3:27	4.9	4:04	4.6	10:13	0.9	10:28	1.1	5:41	6:18	
31	Fri	4:24	5.1	4:59	4.9	11:05	0.6	11:21	0.8	5:39	6:19	