

































Rockaway Beach (inside), NY - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:21	5.9	8:39	7.3	2:31	-0.5	2:36	-0.4	5:28	8:29	
2	Sun	9:15	6.0	9:31	7.2	3:25	-0.7	3:30	-0.4	5:29	8:29	
3	Mon	10:09	6.1	10:23	7.1	4:18	-0.7	4:23	-0.4	5:29	8:29	
4	Tue	11:03	6.1	11:16	6.8	5:08	-0.7	5:15	-0.2	5:30	8:29	
5	Wed	11:58	6.0			5:57	-0.6	6:07	0.0	5:30	8:29	
6	Thu	12:10	6.5	12:53	6.0	6:47	-0.4	7:00	0.3	5:31	8:28	
7	Fri	1:04	6.1	1:47	5.9	7:37	-0.1	7:55	0.6	5:31	8:28	
8	Sat	1:57	5.7	2:39	5.9	8:28	0.1	8:54	0.8	5:32	8:28	
9	Sun	2:50	5.4	3:29	5.9	9:21	0.4	9:54	0.9	5:33	8:27	
10	Mon	3:43	5.2	4:20	5.9	10:14	0.5	10:51	0.8	5:33	8:27	
11	Tue	4:36	5.0	5:10	5.9	11:04	0.6	11:44	0.7	5:34	8:26	
12	Wed	5:30	4.9	6:01	6.0	11:52	0.6			5:35	8:26	
13	Thu	6:24	5.0	6:49	6.0	12:33	0.6	12:38	0.6	5:36	8:25	
14	Fri	7:14	5.0	7:35	6.1	1:20	0.5	1:24	0.6	5:36	8:25	
15	Sat	8:01	5.1	8:18	6.1	2:06	0.4	2:09	0.6	5:37	8:24	
16	Sun	8:44	5.1	8:58	6.0	2:51	0.3	2:53	0.7	5:38	8:24	
17	Mon	9:25	5.1	9:35	6.0	3:33	0.2	3:35	0.7	5:39	8:23	
18	Tue	10:04	5.1	10:10	5.9	4:15	0.2	4:15	0.8	5:40	8:22	
19	Wed	10:43	5.1	10:46	5.8	4:54	0.3	4:53	0.9	5:41	8:22	
20	Thu	11:22	5.1	11:24	5.6	5:31	0.3	5:30	1.0	5:41	8:21	
21	Fri			12:04	5.1	6:07	0.4	6:09	1.1	5:42	8:20	
22	Sat	12:07	5.5	12:49	5.3	6:45	0.5	6:54	1.1	5:43	8:19	
23	Sun	12:58	5.4	1:38	5.5	7:28	0.5	7:52	1.2	5:44	8:19	
24	Mon	1:54	5.3	2:31	5.7	8:20	0.6	9:02	1.1	5:45	8:18	
25	Tue	2:54	5.2	3:28	6.0	9:21	0.6	10:14	0.9	5:46	8:17	
26	Wed	3:57	5.2	4:27	6.2	10:25	0.5	11:20	0.6	5:47	8:16	
27	Thu	5:02	5.3	5:29	6.5	11:27	0.3			5:48	8:15	
28	Fri	6:06	5.4	6:30	6.8	12:20	0.2	12:25	0.0	5:49	8:14	
29	Sat	7:07	5.7	7:28	7.0	1:18	-0.1	1:22	-0.2	5:49	8:13	
30	Sun	8:04	6.0	8:22	7.2	2:13	-0.4	2:18	-0.4	5:50	8:12	
31	Mon	8:58	6.2	9:14	7.2	3:06	-0.6	3:12	-0.5	5:51	8:11	