































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:03	5.5	11:33	4.6	4:50	0.9	5:31	0.8	6:26	4:51	
2	Thu	11:51	5.2			5:32	1.2	6:20	1.1	6:27	4:50	
3	Fri	12:27	4.4	12:44	5.0	6:21	1.4	7:17	1.2	6:28	4:49	
4	Sat	1:22	4.4	1:38	4.9	7:23	1.6	8:19	1.2	6:29	4:48	
5	Sun	2:17	4.4	2:33	4.9	8:31	1.5	9:18	0.9	6:30	4:47	
6	Mon	3:11	4.7	3:27	5.1	9:34	1.3	10:11	0.6	6:31	4:46	
7	Tue	4:04	5.0	4:21	5.3	10:29	1.0	10:58	0.3	6:33	4:44	
8	Wed	4:54	5.4	5:13	5.5	11:19	0.6	11:43	0.0	6:34	4:43	
9	Thu	5:40	5.8	6:02	5.7			12:08	0.2	6:35	4:42	
10	Fri	6:25	6.2	6:49	5.9	12:27	-0.2	12:55	-0.1	6:36	4:41	
11	Sat	7:08	6.6	7:34	5.9	1:10	-0.4	1:43	-0.4	6:37	4:41	
12	Sun	7:51	6.8	8:19	5.9	1:54	-0.4	2:31	-0.5	6:38	4:40	
13	Mon	8:35	6.8	9:07	5.8	2:39	-0.4	3:19	-0.5	6:40	4:39	
14	Tue	9:23	6.7	9:58	5.6	3:26	-0.4	4:09	-0.3	6:41	4:38	
15	Wed	10:15	6.5	10:55	5.4	4:14	-0.2	5:00	-0.1	6:42	4:37	
16	Thu	11:12	6.2	11:56	5.2	5:06	0.0	5:56	0.1	6:43	4:36	
17	Fri			12:14	5.9	6:04	0.3	6:58	0.2	6:44	4:36	
18	Sat	12:59	5.2	1:16	5.7	7:09	0.5	8:03	0.3	6:45	4:35	
19	Sun	2:01	5.2	2:17	5.6	8:18	0.6	9:06	0.2	6:47	4:34	
20	Mon	3:00	5.4	3:17	5.6	9:25	0.5	10:03	0.0	6:48	4:33	
21	Tue	3:58	5.7	4:15	5.6	10:24	0.2	10:54	-0.2	6:49	4:33	
22	Wed	4:52	5.9	5:10	5.6	11:17	0.0	11:40	-0.4	6:50	4:32	
23	Thu	5:43	6.2	6:00	5.7			12:06	-0.2	6:51	4:32	
24	Fri	6:29	6.4	6:47	5.7	12:24	-0.4	12:52	-0.3	6:52	4:31	
25	Sat	7:12	6.4	7:31	5.6	1:06	-0.4	1:37	-0.3	6:53	4:31	
26	Sun	7:52	6.4	8:13	5.4	1:47	-0.2	2:19	-0.3	6:54	4:30	
27	Mon	8:31	6.2	8:53	5.2	2:27	-0.1	3:01	-0.2	6:55	4:30	
28	Tue	9:10	5.9	9:33	5.0	3:06	0.2	3:42	0.0	6:56	4:29	
29	Wed	9:48	5.6	10:15	4.7	3:44	0.4	4:22	0.3	6:58	4:29	
30	Thu	10:28	5.3	11:00	4.5	4:21	0.7	5:02	0.5	6:59	4:29	