






















## Rockaway Beach (inside), NY - Dec 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:53	4.9	2:13	5.1	8:10	1.0	8:50	0.4	6:59	4:29	
2	Tue	2:48	5.0	3:08	5.0	9:14	0.9	9:42	0.3	7:00	4:28	
3	Wed	3:41	5.1	4:01	4.9	10:11	0.8	10:29	0.2	7:01	4:28	
4	Thu	4:31	5.4	4:53	4.9	11:01	0.5	11:12	0.1	7:02	4:28	
5	Fri	5:18	5.6	5:42	5.0	11:47	0.3	11:53	0.0	7:03	4:28	
6	Sat	6:02	5.8	6:27	5.0			12:30	0.2	7:04	4:28	
7	Sun	6:42	5.9	7:09	5.0	12:34	0.0	1:13	0.1	7:05	4:28	
8	Mon	7:20	5.9	7:49	5.0	1:15	0.1	1:54	0.0	7:06	4:28	
9	Tue	7:56	5.8	8:27	4.9	1:55	0.1	2:35	0.1	7:06	4:28	
10	Wed	8:30	5.7	9:04	4.7	2:34	0.3	3:15	0.2	7:07	4:28	
11	Thu	9:04	5.6	9:42	4.5	3:12	0.4	3:55	0.3	7:08	4:28	
12	Fri	9:39	5.5	10:23	4.4	3:48	0.6	4:34	0.4	7:09	4:28	
13	Sat	10:19	5.4	11:11	4.3	4:25	0.7	5:15	0.5	7:10	4:28	
14	Sun	11:08	5.3			5:05	0.8	6:00	0.5	7:10	4:28	
15	Mon	12:05	4.4	12:05	5.2	5:55	0.9	6:53	0.5	7:11	4:29	
16	Tue	1:02	4.6	1:06	5.1	7:01	0.9	7:54	0.5	7:12	4:29	
17	Wed	1:59	4.9	2:09	5.1	8:17	0.8	8:56	0.3	7:12	4:29	
18	Thu	2:56	5.3	3:12	5.1	9:28	0.5	9:54	0.0	7:13	4:30	
19	Fri	3:54	5.7	4:15	5.2	10:31	0.1	10:49	-0.2	7:14	4:30	
20	Sat	4:52	6.1	5:16	5.3	11:29	-0.3	11:42	-0.5	7:14	4:30	
21	Sun	5:48	6.5	6:14	5.5			12:24	-0.6	7:15	4:31	
22	Mon	6:42	6.7	7:09	5.6	12:34	-0.7	1:18	-0.9	7:15	4:31	
23	Tue	7:34	6.8	8:00	5.7	1:27	-0.8	2:11	-0.9	7:16	4:32	
24	Wed	8:24	6.8	8:51	5.6	2:19	-0.8	3:02	-0.9	7:16	4:32	
25	Thu	9:14	6.6	9:43	5.4	3:09	-0.6	3:52	-0.8	7:17	4:33	
26	Fri	10:04	6.2	10:35	5.2	3:58	-0.4	4:40	-0.6	7:17	4:34	
27	Sat	10:56	5.9	11:30	5.0	4:47	-0.1	5:28	-0.3	7:17	4:34	
28	Sun	11:49	5.5			5:37	0.3	6:17	0.0	7:18	4:35	
29	Mon	12:24	4.9	12:42	5.1	6:30	0.6	7:08	0.2	7:18	4:36	
30	Tue	1:17	4.9	1:35	4.8	7:29	0.8	8:00	0.4	7:18	4:36	
31	Wed	2:08	4.9	2:28	4.6	8:32	0.9	8:50	0.4	7:18	4:37	