

































Rockaway Beach (inside), NY - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:56	5.0	3:19	4.4	9:30	0.8	9:41	0.4	7:18	4:38	
2	Fri	3:46	5.1	4:13	4.4	10:24	0.7	10:30	0.4	7:18	4:39	
3	Sat	4:36	5.2	5:06	4.4	11:14	0.5	11:17	0.3	7:19	4:40	
4	Sun	5:25	5.3	5:57	4.5			12:01	0.3	7:19	4:41	
5	Mon	6:11	5.4	6:43	4.7	12:02	0.2	12:46	0.2	7:19	4:42	
6	Tue	6:53	5.5	7:25	4.7	12:47	0.2	1:31	0.0	7:18	4:42	
7	Wed	7:32	5.6	8:05	4.7	1:30	0.1	2:14	0.0	7:18	4:43	
8	Thu	8:09	5.7	8:44	4.7	2:12	0.1	2:56	-0.1	7:18	4:44	
9	Fri	8:45	5.7	9:22	4.7	2:52	0.2	3:36	-0.1	7:18	4:45	
10	Sat	9:22	5.7	10:02	4.7	3:30	0.2	4:14	-0.1	7:18	4:46	
11	Sun	10:02	5.6	10:46	4.7	4:09	0.3	4:51	0.0	7:18	4:47	
12	Mon	10:47	5.4	11:35	4.8	4:51	0.3	5:30	0.1	7:17	4:48	
13	Tue	11:40	5.2			5:39	0.4	6:14	0.2	7:17	4:50	
14	Wed	12:28	5.0	12:39	4.9	6:37	0.5	7:07	0.3	7:17	4:51	
15	Thu	1:25	5.2	1:41	4.8	7:49	0.6	8:12	0.3	7:16	4:52	
16	Fri	2:23	5.4	2:46	4.7	9:03	0.4	9:20	0.2	7:16	4:53	
17	Sat	3:25	5.6	3:53	4.7	10:11	0.2	10:24	0.0	7:16	4:54	
18	Sun	4:28	5.8	4:58	4.9	11:13	-0.1	11:23	-0.2	7:15	4:55	
19	Mon	5:30	6.1	6:00	5.1			12:11	-0.4	7:15	4:56	
20	Tue	6:27	6.3	6:56	5.4	12:19	-0.4	1:05	-0.7	7:14	4:57	
21	Wed	7:21	6.5	7:48	5.5	1:13	-0.6	1:57	-0.9	7:13	4:59	
22	Thu	8:10	6.5	8:37	5.6	2:05	-0.7	2:46	-0.9	7:13	5:00	
23	Fri	8:57	6.4	9:24	5.6	2:53	-0.7	3:32	-0.9	7:12	5:01	
24	Sat	9:43	6.2	10:11	5.5	3:40	-0.5	4:15	-0.8	7:11	5:02	
25	Sun	10:29	5.8	10:58	5.3	4:25	-0.3	4:56	-0.5	7:11	5:03	
26	Mon	11:16	5.4	11:45	5.2	5:09	0.1	5:36	-0.2	7:10	5:05	
27	Tue			12:03	5.0	5:54	0.4	6:18	0.1	7:09	5:06	
28	Wed	12:32	5.1	12:53	4.6	6:44	0.7	7:03	0.4	7:08	5:07	
29	Thu	1:19	4.9	1:44	4.3	7:40	0.9	7:54	0.7	7:07	5:08	
30	Fri	2:07	4.9	2:37	4.1	8:42	1.0	8:52	0.8	7:07	5:09	
31	Sat	2:59	4.8	3:33	4.1	9:44	0.9	9:50	0.8	7:06	5:11	