

































Rockaway Beach (inside), NY - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:07	4.7	3:54	4.1	10:04	1.1	10:09	1.1	6:28	5:46	
2	Tue	4:07	4.8	4:54	4.3	11:01	0.8	11:05	0.8	6:26	5:48	
3	Wed	5:05	5.0	5:48	4.6	11:52	0.5	11:55	0.5	6:24	5:49	
4	Thu	5:57	5.4	6:35	5.0			12:39	0.2	6:23	5:50	
5	Fri	6:43	5.7	7:18	5.3	12:43	0.2	1:23	-0.1	6:21	5:51	
6	Sat	7:26	6.0	7:58	5.7	1:29	0.0	2:05	-0.4	6:20	5:52	
7	Sun	8:07	6.1	8:37	5.9	2:14	-0.3	2:44	-0.5	6:18	5:53	
8	Mon	8:49	6.0	9:17	6.1	2:59	-0.4	3:23	-0.5	6:17	5:54	
9	Tue	9:32	5.9	10:00	6.2	3:43	-0.5	4:02	-0.4	6:15	5:55	
10	Wed	10:18	5.6	10:47	6.2	4:28	-0.4	4:42	-0.2	6:13	5:56	
11	Thu	11:10	5.3	11:39	6.0	5:16	-0.2	5:26	0.1	6:12	5:58	
12	Fri			12:08	5.0	6:10	0.1	6:18	0.4	6:10	5:59	
13	Sat	12:38	5.8	1:10	4.8	7:13	0.4	7:25	0.7	6:09	6:00	
14	Sun	1:40	5.6	2:16	4.7	8:26	0.6	8:41	0.8	6:07	6:01	
15	Mon	2:46	5.5	3:23	4.7	9:38	0.5	9:53	0.6	6:05	6:02	
16	Tue	3:53	5.5	4:29	4.9	10:42	0.3	10:55	0.4	6:04	6:03	
17	Wed	4:57	5.7	5:30	5.3	11:37	0.0	11:51	0.1	6:02	6:04	
18	Thu	5:55	5.9	6:24	5.6			12:27	-0.3	6:00	6:05	
19	Fri	6:45	6.1	7:11	5.9	12:42	-0.1	1:12	-0.5	5:59	6:06	
20	Sat	7:30	6.1	7:53	6.1	1:29	-0.2	1:54	-0.6	5:57	6:07	
21	Sun	8:12	6.0	8:32	6.2	2:13	-0.3	2:33	-0.5	5:55	6:08	
22	Mon	8:52	5.8	9:10	6.2	2:55	-0.3	3:10	-0.3	5:54	6:09	
23	Tue	9:32	5.6	9:46	6.0	3:35	-0.1	3:46	-0.1	5:52	6:10	
24	Wed	10:11	5.2	10:22	5.7	4:13	0.1	4:20	0.2	5:50	6:11	
25	Thu	10:52	4.9	11:00	5.5	4:50	0.4	4:54	0.6	5:49	6:12	
26	Fri	11:36	4.6	11:41	5.2	5:27	0.7	5:30	0.9	5:47	6:13	
27	Sat			12:25	4.3	6:10	1.0	6:12	1.2	5:45	6:15	
28	Sun	12:27	4.9	1:19	4.2	7:04	1.2	7:08	1.5	5:44	6:16	
29	Mon	1:21	4.8	2:16	4.1	8:14	1.4	8:21	1.5	5:42	6:17	
30	Tue	2:20	4.8	3:17	4.2	9:25	1.2	9:31	1.4	5:41	6:18	
31	Wed	3:22	4.9	4:16	4.5	10:25	1.0	10:31	1.1	5:39	6:19	