
























## Rockaway Beach (inside), NY - Jul 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:40	5.5	8:06	7.1	1:53	-0.2	1:56	-0.1	5:28	8:29	
2	Fri	8:37	5.7	8:59	7.1	2:48	-0.4	2:52	-0.2	5:29	8:29	
3	Sat	9:31	5.8	9:52	7.0	3:42	-0.5	3:47	-0.2	5:29	8:29	
4	Sun	10:24	5.8	10:44	6.8	4:34	-0.6	4:40	-0.1	5:30	8:29	
5	Mon	11:18	5.8	11:36	6.5	5:23	-0.5	5:31	0.1	5:30	8:29	
6	Tue			12:12	5.7	6:11	-0.4	6:21	0.4	5:31	8:28	
7	Wed	12:28	6.2	1:05	5.7	6:57	-0.2	7:13	0.7	5:31	8:28	
8	Thu	1:20	5.8	1:56	5.7	7:44	0.1	8:09	0.9	5:32	8:28	
9	Fri	2:11	5.4	2:45	5.7	8:33	0.3	9:07	1.1	5:33	8:27	
10	Sat	3:02	5.1	3:33	5.7	9:23	0.5	10:06	1.1	5:34	8:27	
11	Sun	3:54	4.9	4:21	5.7	10:13	0.7	11:02	1.0	5:34	8:26	
12	Mon	4:47	4.7	5:11	5.7	11:03	0.7	11:54	0.9	5:35	8:26	
13	Tue	5:41	4.7	6:01	5.8	11:51	0.8			5:36	8:25	
14	Wed	6:34	4.7	6:49	5.8	12:42	0.8	12:39	0.8	5:36	8:25	
15	Thu	7:25	4.8	7:35	5.9	1:30	0.7	1:26	0.7	5:37	8:24	
16	Fri	8:11	4.9	8:18	5.9	2:16	0.6	2:11	0.7	5:38	8:24	
17	Sat	8:54	5.0	8:56	6.0	3:01	0.5	2:56	0.8	5:39	8:23	
18	Sun	9:35	5.0	9:33	6.0	3:44	0.4	3:38	0.8	5:40	8:22	
19	Mon	10:14	5.0	10:09	5.9	4:24	0.3	4:19	0.9	5:41	8:22	
20	Tue	10:54	5.0	10:46	5.9	5:02	0.3	4:58	0.9	5:41	8:21	
21	Wed	11:34	5.1	11:26	5.7	5:38	0.3	5:38	0.9	5:42	8:20	
22	Thu			12:18	5.2	6:14	0.4	6:21	1.0	5:43	8:19	
23	Fri	12:14	5.6	1:05	5.5	6:51	0.5	7:12	1.0	5:44	8:19	
24	Sat	1:08	5.4	1:56	5.7	7:34	0.6	8:14	1.0	5:45	8:18	
25	Sun	2:06	5.2	2:50	5.9	8:28	0.6	9:24	0.9	5:46	8:17	
26	Mon	3:08	5.1	3:48	6.1	9:34	0.7	10:35	0.8	5:47	8:16	
27	Tue	4:12	5.0	4:49	6.3	10:41	0.6	11:39	0.5	5:48	8:15	
28	Wed	5:19	5.1	5:52	6.5	11:44	0.4			5:49	8:14	
29	Thu	6:24	5.3	6:54	6.7	12:40	0.2	12:44	0.2	5:49	8:13	
30	Fri	7:25	5.5	7:51	6.9	1:37	-0.1	1:41	0.0	5:50	8:12	
31	Sat	8:21	5.8	8:44	7.0	2:32	-0.3	2:37	-0.1	5:51	8:11	