US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jan 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:09	4.9			5:13	0.8	5:54	0.5	7:18	4:39	
2	Sun	12:06	4.4	12:01	4.8	6:00	0.9	6:37	0.6	7:18	4:40	
3	Mon	12:56	4.6	12:59	4.6	7:01	1.0	7:32	0.6	7:19	4:40	
4	Tue	1:49	4.9	2:02	4.5	8:15	0.9	8:37	0.6	7:19	4:41	
5	Wed	2:45	5.2	3:07	4.5	9:27	0.6	9:41	0.4	7:18	4:42	
6	Thu	3:44	5.5	4:13	4.6	10:32	0.2	10:41	0.1	7:18	4:43	
7	Fri	4:45	5.9	5:16	4.8	11:31	-0.2	11:38	-0.2	7:18	4:44	
8	Sat	5:45	6.2	6:16	5.1			12:28	-0.5	7:18	4:45	
9	Sun	6:42	6.5	7:11	5.4	12:33	-0.5	1:22	-0.8	7:18	4:46	
10	Mon	7:35	6.7	8:03	5.6	1:27	-0.7	2:15	-1.0	7:18	4:47	
11	Tue	8:26	6.8	8:54	5.7	2:20	-0.9	3:05	-1.1	7:18	4:48	
12	Wed	9:16	6.7	9:45	5.7	3:12	-0.9	3:54	-1.1	7:17	4:49	
13	Thu	10:06	6.4	10:37	5.6	4:02	-0.7	4:40	-1.0	7:17	4:50	
14	Fri	10:57	6.0	11:30	5.5	4:51	-0.4	5:26	-0.7	7:17	4:51	
15	Sat	11:49	5.6			5:42	-0.1	6:13	-0.4	7:16	4:53	
16	Sun	12:22	5.4	12:42	5.1	6:36	0.3	7:01	-0.1	7:16	4:54	
17	Mon	1:13	5.3	1:35	4.8	7:35	0.6	7:54	0.2	7:15	4:55	
18	Tue	2:04	5.2	2:30	4.5	8:38	0.7	8:50	0.4	7:15	4:56	
19	Wed	2:56	5.1	3:27	4.3	9:39	0.7	9:46	0.5	7:14	4:57	
20	Thu	3:49	5.1	4:24	4.3	10:36	0.6	10:38	0.5	7:14	4:58	
21	Fri	4:44	5.1	5:20	4.4	11:28	0.5	11:28	0.4	7:13	4:59	
22	Sat	5:37	5.2	6:12	4.5			12:16	0.3	7:12	5:01	
23	Sun	6:26	5.3	6:58	4.7	12:15	0.3	1:01	0.2	7:12	5:02	
24	Mon	7:09	5.4	7:40	4.8	1:01	0.2	1:45	0.1	7:11	5:03	
25	Tue	7:48	5.5	8:20	4.8	1:44	0.2	2:26	0.0	7:10	5:04	
26	Wed	8:23	5.5	8:57	4.8	2:25	0.2	3:05	-0.1	7:09	5:05	
27	Thu	8:57	5.5	9:32	4.8	3:04	0.2	3:41	-0.1	7:09	5:07	
28	Fri	9:29	5.4	10:08	4.8	3:41	0.3	4:14	0.0	7:08	5:08	
29	Sat	10:04	5.2	10:45	4.9	4:17	0.4	4:46	0.1	7:07	5:09	
30	Sun	10:44	5.0	11:26	5.0	4:54	0.4	5:17	0.2	7:06	5:10	
31	Mon	11:32	4.8			5:36	0.5	5:51	0.4	7:05	5:12	