US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jul 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	**7:02**	5.4	**7:23**	6.9	**1:14**	0.0	**1:15**	-0.1	5:28	8:29	
2	Wed	**8:00**	5.6	**8:18**	7.0	**2:11**	-0.2	**2:11**	-0.2	5:29	8:29	
3	Thu	**8:55**	5.8	**9:11**	7.0	**3:05**	-0.4	**3:06**	-0.2	5:29	8:29	
4	Fri	**9:48**	5.9	**10:01**	6.8	**3:57**	-0.5	**3:59**	-0.1	5:30	8:29	
5	Sat	**10:40**	5.9	**10:51**	6.6	**4:46**	-0.5	**4:49**	0.0	5:30	8:29	
6	Sun	**11:31**	5.8	**11:40**	6.2	**5:32**	-0.4	**5:38**	0.2	5:31	8:28	
7	Mon			**12:22**	5.8	**6:16**	-0.2	**6:26**	0.5	5:32	8:28	
8	Tue	**12:29**	5.9	**1:12**	5.8	**6:59**	0.0	**7:16**	0.8	5:32	8:28	
9	Wed	**1:19**	5.5	**2:00**	5.7	**7:42**	0.3	**8:09**	1.0	5:33	8:27	
10	Thu	**2:08**	5.1	**2:47**	5.7	**8:29**	0.6	**9:05**	1.1	5:34	8:27	
11	Fri	**2:58**	4.9	**3:34**	5.6	**9:19**	0.8	**10:03**	1.2	5:34	8:26	
12	Sat	**3:49**	4.7	**4:23**	5.6	**10:11**	0.9	**10:59**	1.1	5:35	8:26	
13	Sun	**4:43**	4.6	**5:14**	5.6	**11:03**	1.0	**11:52**	1.0	5:36	8:25	
14	Mon	**5:38**	4.6	**6:05**	5.7	**11:54**	0.9			5:37	8:25	
15	Tue	**6:33**	4.6	**6:55**	5.8	**12:42**	0.8	**12:43**	0.9	5:37	8:24	
16	Wed	**7:24**	4.8	**7:41**	5.9	**1:30**	0.7	**1:30**	0.8	5:38	8:24	
17	Thu	**8:10**	4.9	**8:23**	6.0	**2:17**	0.5	**2:16**	0.8	5:39	8:23	
18	Fri	**8:52**	5.0	**9:01**	6.1	**3:02**	0.3	**3:00**	0.8	5:40	8:22	
19	Sat	**9:32**	5.1	**9:39**	6.1	**3:45**	0.2	**3:42**	0.8	5:41	8:22	
20	Sun	**10:11**	5.2	**10:16**	6.0	**4:25**	0.1	**4:23**	0.8	5:41	8:21	
21	Mon	**10:51**	5.3	**10:56**	5.9	**5:02**	0.1	**5:04**	0.8	5:42	8:20	
22	Tue	**11:33**	5.5	**11:40**	5.7	**5:39**	0.1	**5:46**	0.8	5:43	8:19	
23	Wed			**12:19**	5.7	**6:16**	0.2	**6:33**	0.8	5:44	8:19	
24	Thu	**12:31**	5.5	**1:09**	5.8	**6:56**	0.3	**7:28**	0.9	5:45	8:18	
25	Fri	**1:28**	5.3	**2:03**	6.0	**7:45**	0.4	**8:34**	1.0	5:46	8:17	
26	Sat	**2:28**	5.1	**3:01**	6.1	**8:45**	0.6	**9:47**	0.9	5:47	8:16	
27	Sun	**3:31**	5.0	**4:01**	6.2	**9:53**	0.6	**10:57**	0.8	5:48	8:15	
28	Mon	**4:37**	5.0	**5:05**	6.3	**11:00**	0.5			5:49	8:14	
29	Tue	**5:43**	5.1	**6:08**	6.5	**12:01**	0.5	**12:02**	0.3	5:50	8:13	
30	Wed	**6:47**	5.4	**7:08**	6.7	**1:00**	0.2	**1:00**	0.1	5:50	8:12	
31	Thu	**7:45**	5.7	**8:03**	6.8	**1:55**	-0.1	**1:56**	-0.1	5:51	8:11	