

































Rockaway Beach (inside), NY - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:34	5.1	11:12	4.7	4:37	0.6	5:15	0.2	7:18	4:39	
2	Fri	11:20	4.9			5:16	0.7	5:53	0.3	7:18	4:40	
3	Sat	12:00	4.8	12:15	4.8	6:06	0.8	6:39	0.4	7:19	4:40	
4	Sun	12:53	5.0	1:16	4.6	7:13	0.8	7:39	0.5	7:19	4:41	
5	Mon	1:51	5.2	2:21	4.5	8:31	0.7	8:48	0.4	7:18	4:42	
6	Tue	2:51	5.4	3:27	4.6	9:44	0.5	9:54	0.2	7:18	4:43	
7	Wed	3:54	5.7	4:33	4.7	10:49	0.1	10:55	-0.1	7:18	4:44	
8	Thu	4:58	6.0	5:36	5.0	11:48	-0.3	11:53	-0.5	7:18	4:45	
9	Fri	5:59	6.4	6:34	5.4			12:44	-0.6	7:18	4:46	
10	Sat	6:55	6.6	7:28	5.6	12:48	-0.8	1:38	-0.9	7:18	4:47	
11	Sun	7:47	6.8	8:19	5.8	1:42	-0.9	2:28	-1.1	7:17	4:48	
12	Mon	8:36	6.7	9:09	5.9	2:34	-1.0	3:17	-1.1	7:17	4:49	
13	Tue	9:24	6.5	9:58	5.9	3:23	-0.9	4:02	-1.1	7:17	4:50	
14	Wed	10:12	6.2	10:48	5.7	4:12	-0.7	4:46	-0.9	7:16	4:51	
15	Thu	11:01	5.7	11:38	5.6	4:59	-0.4	5:30	-0.5	7:16	4:53	
16	Fri	11:51	5.3			5:47	0.0	6:14	-0.2	7:16	4:54	
17	Sat	12:28	5.4	12:43	4.8	6:39	0.3	7:02	0.2	7:15	4:55	
18	Sun	1:18	5.2	1:35	4.5	7:36	0.6	7:55	0.5	7:15	4:56	
19	Mon	2:09	5.1	2:30	4.3	8:38	0.8	8:53	0.7	7:14	4:57	
20	Tue	3:02	5.0	3:26	4.2	9:39	0.8	9:51	0.7	7:14	4:58	
21	Wed	3:57	4.9	4:24	4.2	10:36	0.7	10:44	0.6	7:13	5:00	
22	Thu	4:53	5.0	5:20	4.3	11:28	0.5	11:34	0.5	7:12	5:01	
23	Fri	5:45	5.2	6:12	4.5			12:16	0.3	7:12	5:02	
24	Sat	6:32	5.3	6:57	4.7	12:21	0.3	1:01	0.1	7:11	5:03	
25	Sun	7:14	5.5	7:39	4.8	1:06	0.2	1:45	-0.1	7:10	5:04	
26	Mon	7:52	5.6	8:16	5.0	1:49	0.2	2:25	-0.2	7:09	5:06	
27	Tue	8:27	5.6	8:52	5.0	2:29	0.1	3:03	-0.3	7:08	5:07	
28	Wed	9:01	5.5	9:27	5.1	3:07	0.1	3:39	-0.3	7:08	5:08	
29	Thu	9:36	5.4	10:02	5.2	3:45	0.2	4:13	-0.2	7:07	5:09	
30	Fri	10:14	5.2	10:41	5.3	4:22	0.2	4:46	-0.1	7:06	5:10	
31	Sat	10:58	5.0	11:27	5.3	5:01	0.3	5:21	0.1	7:05	5:12	