US HARBORS www.USHarbors.com

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	