US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:44	5.1	11:03	5.8	4:50	0.0	4:59	0.1	6:28	5:46	
2	Mon	11:37	4.9	11:58	5.7	5:37	0.2	5:44	0.3	6:26	5:47	
3	Tue			12:38	4.7	6:35	0.5	6:42	0.5	6:25	5:48	
4	Wed	1:00	5.6	1:44	4.6	7:48	0.7	7:58	0.6	6:23	5:50	
5	Thu	2:07	5.5	2:52	4.7	9:06	0.6	9:15	0.5	6:22	5:51	
6	Fri	3:15	5.6	3:59	4.9	10:15	0.4	10:23	0.3	6:20	5:52	
7	Sat	4:22	5.7	5:03	5.3	11:14	0.0	11:23	-0.1	6:19	5:53	
8	Sun	6:24	6.0	7:01	5.7			1:07	-0.4	7:17	6:54	
9	Mon	7:20	6.2	7:53	6.1	1:18	-0.4	1:55	-0.7	7:15	6:55	
10	Tue	8:10	6.3	8:39	6.4	2:09	-0.6	2:41	-0.8	7:14	6:56	
11	Wed	8:55	6.3	9:23	6.5	2:57	-0.7	3:23	-0.8	7:12	6:57	
12	Thu	9:39	6.1	10:04	6.5	3:43	-0.7	4:04	-0.7	7:10	6:58	
13	Fri	10:21	5.8	10:45	6.3	4:26	-0.6	4:42	-0.4	7:09	6:59	
14	Sat	11:04	5.5	11:26	6.0	5:08	-0.3	5:20	0.0	7:07	7:01	
15	Sun	11:47	5.1			5:48	0.0	5:56	0.4	7:06	7:02	
16	Mon	12:08	5.6	12:34	4.7	6:30	0.4	6:35	0.8	7:04	7:03	
17	Tue	12:54	5.3	1:24	4.4	7:15	0.8	7:19	1.1	7:02	7:04	
18	Wed	1:44	5.0	2:17	4.2	8:10	1.1	8:17	1.4	7:01	7:05	
19	Thu	2:39	4.8	3:15	4.2	9:16	1.2	9:27	1.5	6:59	7:06	
20	Fri	3:36	4.7	4:14	4.2	10:22	1.2	10:35	1.4	6:57	7:07	
21	Sat	4:35	4.7	5:13	4.4	11:21	0.9	11:33	1.2	6:56	7:08	
22	Sun	5:32	4.9	6:07	4.8			12:11	0.6	6:54	7:09	
23	Mon	6:25	5.1	6:56	5.1	12:25	0.9	12:57	0.3	6:52	7:10	
24	Tue	7:13	5.4	7:38	5.5	1:13	0.5	1:40	0.0	6:51	7:11	
25	Wed	7:56	5.6	8:18	5.9	1:59	0.2	2:21	-0.1	6:49	7:12	
26	Thu	8:38	5.7	8:55	6.2	2:44	0.0	3:01	-0.2	6:47	7:13	
27	Fri	9:18	5.7	9:33	6.4	3:27	-0.2	3:41	-0.2	6:46	7:14	
28	Sat	10:00	5.6	10:14	6.5	4:11	-0.3	4:20	-0.2	6:44	7:15	
29	Sun	10:44	5.5	10:58	6.4	4:55	-0.3	5:01	0.0	6:43	7:16	
30	Mon	11:34	5.3	11:48	6.2	5:41	-0.1	5:45	0.1	6:41	7:17	
31	Tue			12:30	5.1	6:31	0.2	6:35	0.4	6:39	7:18	