



























Rockaway Beach (inside), NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:38	5.1	4:14	5.9	10:06	0.5	10:50	0.8	5:28	8:30	
2	Thu	4:32	4.9	5:06	5.9	10:58	0.6	11:44	0.8	5:28	8:29	
3	Fri	5:28	4.8	5:57	5.9	11:48	0.7			5:29	8:29	
4	Sat	6:23	4.8	6:48	5.9	12:34	0.7	12:36	0.7	5:30	8:29	
5	Sun	7:15	4.9	7:36	6.0	1:22	0.6	1:23	0.7	5:30	8:29	
6	Mon	8:03	4.9	8:20	6.0	2:09	0.5	2:09	0.7	5:31	8:28	
7	Tue	8:47	5.0	9:00	6.0	2:54	0.4	2:53	0.8	5:31	8:28	
8	Wed	9:29	5.0	9:37	5.9	3:37	0.3	3:36	0.8	5:32	8:28	
9	Thu	10:08	5.0	10:13	5.8	4:17	0.3	4:16	0.9	5:33	8:27	
10	Fri	10:47	5.0	10:47	5.6	4:55	0.3	4:54	1.0	5:33	8:27	
11	Sat	11:25	5.0	11:23	5.5	5:30	0.4	5:31	1.1	5:34	8:27	
12	Sun			12:04	5.1	6:04	0.4	6:09	1.2	5:35	8:26	
13	Mon	12:04	5.3	12:46	5.2	6:39	0.5	6:52	1.2	5:36	8:26	
14	Tue	12:52	5.1	1:32	5.4	7:16	0.6	7:46	1.2	5:36	8:25	
15	Wed	1:46	5.0	2:23	5.7	8:04	0.7	8:54	1.2	5:37	8:24	
16	Thu	2:46	4.9	3:18	5.9	9:04	0.8	10:08	1.0	5:38	8:24	
17	Fri	3:49	4.8	4:18	6.1	10:12	0.7	11:15	0.8	5:39	8:23	
18	Sat	4:54	4.9	5:21	6.3	11:16	0.5			5:40	8:23	
19	Sun	6:00	5.1	6:24	6.6	12:17	0.4	12:17	0.2	5:40	8:22	
20	Mon	7:03	5.4	7:23	6.9	1:15	0.1	1:15	0.0	5:41	8:21	
21	Tue	8:00	5.7	8:18	7.1	2:11	-0.3	2:12	-0.3	5:42	8:20	
22	Wed	8:54	6.0	9:10	7.2	3:04	-0.5	3:07	-0.4	5:43	8:20	
23	Thu	9:46	6.3	10:00	7.0	3:54	-0.7	4:00	-0.4	5:44	8:19	
24	Fri	10:37	6.4	10:49	6.7	4:41	-0.8	4:52	-0.3	5:45	8:18	
25	Sat	11:28	6.4	11:39	6.4	5:27	-0.7	5:41	-0.1	5:46	8:17	
26	Sun			12:19	6.3	6:11	-0.4	6:31	0.2	5:47	8:16	
27	Mon	12:30	5.9	1:10	6.2	6:55	-0.1	7:22	0.6	5:47	8:15	
28	Tue	1:22	5.5	2:00	6.0	7:42	0.3	8:18	0.8	5:48	8:14	
29	Wed	2:15	5.2	2:50	5.9	8:32	0.6	9:17	1.0	5:49	8:13	
30	Thu	3:08	4.9	3:41	5.7	9:28	0.9	10:18	1.1	5:50	8:12	
31	Fri	4:03	4.7	4:34	5.6	10:24	1.0	11:15	1.1	5:51	8:11	