
































Rockaway Beach (inside), NY - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:23	6.2	6:48	5.6	1:23	0.1	12:55	0.1	6:25	4:51	
2	Mon	7:04	6.4	7:32	5.6	1:05	0.0	1:41	-0.1	6:26	4:50	
3	Tue	7:45	6.6	8:15	5.6	1:48	-0.1	2:27	-0.2	6:28	4:49	
4	Wed	8:28	6.7	9:00	5.5	2:32	-0.1	3:15	-0.1	6:29	4:48	
5	Thu	9:14	6.6	9:50	5.3	3:17	0.0	4:03	0.0	6:30	4:47	
6	Fri	10:05	6.4	10:46	5.1	4:04	0.1	4:54	0.2	6:31	4:46	
7	Sat	11:02	6.1	11:48	5.0	4:56	0.3	5:50	0.3	6:32	4:45	
8	Sun			12:04	5.9	5:53	0.5	6:51	0.4	6:33	4:44	
9	Mon	12:51	5.1	1:07	5.7	6:59	0.7	7:55	0.4	6:35	4:43	
10	Tue	1:54	5.2	2:09	5.6	8:10	0.7	8:58	0.3	6:36	4:42	
11	Wed	2:53	5.5	3:09	5.6	9:17	0.6	9:54	0.0	6:37	4:41	
12	Thu	3:50	5.8	4:07	5.6	10:18	0.3	10:45	-0.2	6:38	4:40	
13	Fri	4:45	6.1	5:03	5.6	11:12	0.1	11:32	-0.3	6:39	4:39	
14	Sat	5:35	6.3	5:55	5.6			12:02	-0.2	6:41	4:38	
15	Sun	6:22	6.5	6:43	5.6	12:17	-0.3	12:49	-0.3	6:42	4:37	
16	Mon	7:06	6.5	7:28	5.6	1:00	-0.2	1:34	-0.3	6:43	4:36	
17	Tue	7:48	6.4	8:11	5.4	1:43	-0.1	2:18	-0.2	6:44	4:36	
18	Wed	8:29	6.2	8:52	5.2	2:24	0.1	3:01	0.0	6:45	4:35	
19	Thu	9:09	6.0	9:34	4.9	3:04	0.3	3:43	0.2	6:46	4:34	
20	Fri	9:49	5.6	10:17	4.7	3:43	0.5	4:24	0.4	6:47	4:34	
21	Sat	10:31	5.3	11:04	4.5	4:22	0.8	5:06	0.6	6:49	4:33	
22	Sun	11:16	5.1	11:55	4.3	5:02	1.0	5:50	0.8	6:50	4:32	
23	Mon			12:05	4.8	5:47	1.3	6:38	0.9	6:51	4:32	
24	Tue	12:48	4.3	12:57	4.7	6:41	1.5	7:33	0.9	6:52	4:31	
25	Wed	1:40	4.4	1:50	4.6	7:47	1.5	8:29	0.9	6:53	4:31	
26	Thu	2:30	4.7	2:45	4.6	8:55	1.3	9:24	0.7	6:54	4:30	
27	Fri	3:21	5.0	3:41	4.7	9:55	1.0	10:15	0.5	6:55	4:30	
28	Sat	4:11	5.3	4:37	4.8	10:50	0.6	11:02	0.3	6:56	4:29	
29	Sun	5:01	5.7	5:31	5.0	11:41	0.2	11:49	0.0	6:57	4:29	
30	Mon	5:50	6.1	6:23	5.2			12:31	-0.1	6:58	4:29	