US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:38	6.4	7:11	5.4	12:36	-0.2	1:21	-0.3	6:59	4:29	
2	Wed	7:26	6.6	7:59	5.5	1:24	-0.3	2:12	-0.5	7:00	4:28	
3	Thu	8:14	6.7	8:48	5.5	2:13	-0.4	3:02	-0.5	7:01	4:28	
4	Fri	9:03	6.7	9:40	5.4	3:03	-0.5	3:52	-0.5	7:02	4:28	
5	Sat	9:55	6.5	10:35	5.4	3:54	-0.4	4:42	-0.4	7:03	4:28	
6	Sun	10:50	6.2	11:33	5.3	4:46	-0.2	5:33	-0.3	7:04	4:28	
7	Mon	11:48	5.9			5:41	0.0	6:27	-0.2	7:05	4:28	
8	Tue	12:33	5.3	12:46	5.6	6:42	0.3	7:24	0.0	7:06	4:28	
9	Wed	1:31	5.4	1:45	5.3	7:47	0.5	8:24	0.0	7:07	4:28	
10	Thu	2:27	5.5	2:43	5.1	8:54	0.5	9:21	0.0	7:08	4:28	
11	Fri	3:22	5.7	3:41	5.0	9:55	0.3	10:14	0.0	7:08	4:28	
12	Sat	4:16	5.8	4:38	5.0	10:51	0.1	11:04	0.0	7:09	4:28	
13	Sun	5:09	5.9	5:32	5.0	11:41	0.0	11:51	-0.1	7:10	4:28	
14	Mon	5:58	6.0	6:22	5.0			12:29	-0.1	7:11	4:28	
15	Tue	6:44	6.0	7:08	5.1	12:36	-0.1	1:14	-0.2	7:11	4:29	
16	Wed	7:28	6.0	7:51	5.0	1:19	0.0	1:58	-0.2	7:12	4:29	
17	Thu	8:08	5.9	8:32	5.0	2:01	0.1	2:41	-0.1	7:13	4:29	
18	Fri	8:47	5.7	9:12	4.8	2:42	0.2	3:21	0.0	7:13	4:30	
19	Sat	9:25	5.5	9:52	4.7	3:21	0.3	4:00	0.1	7:14	4:30	
20	Sun	10:01	5.3	10:33	4.5	3:59	0.5	4:38	0.2	7:14	4:31	
21	Mon	10:39	5.0	11:16	4.5	4:36	0.7	5:15	0.3	7:15	4:31	
22	Tue	11:19	4.8			5:14	0.9	5:53	0.5	7:15	4:32	
23	Wed	12:01	4.5	12:06	4.6	5:57	1.1	6:36	0.6	7:16	4:32	
24	Thu	12:48	4.5	12:59	4.5	6:52	1.2	7:27	0.7	7:16	4:33	
25	Fri	1:37	4.7	1:56	4.4	8:02	1.1	8:27	0.7	7:17	4:33	
26	Sat	2:29	4.9	2:57	4.4	9:13	0.9	9:28	0.6	7:17	4:34	
27	Sun	3:25	5.2	4:00	4.5	10:17	0.6	10:25	0.4	7:17	4:35	
28	Mon	4:23	5.5	5:02	4.7	11:15	0.2	11:20	0.0	7:18	4:35	
29	Tue	5:22	5.9	6:00	4.9			12:10	-0.2	7:18	4:36	
30	Wed	6:18	6.3	6:53	5.2	12:13	-0.3	1:04	-0.5	7:18	4:37	
31	Thu	7:11	6.6	7:44	5.6	1:06	-0.6	1:56	-0.7	7:18	4:38	