US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:00**	6.8	**8:34**	5.8	**1:58**	-0.9	**2:45**	-1.0	7:18	4:38	
2	Sat	**8:50**	6.8	**9:24**	5.9	**2:49**	-1.0	**3:33**	-1.1	7:18	4:39	
3	Sun	**9:39**	6.6	**10:16**	5.9	**3:40**	-0.9	**4:21**	-1.0	7:19	4:40	
4	Mon	**10:31**	6.2	**11:10**	5.8	**4:31**	-0.7	**5:08**	-0.9	7:19	4:41	
5	Tue	**11:24**	5.8			**5:22**	-0.4	**5:56**	-0.6	7:18	4:42	
6	Wed	**12:04**	5.7	**12:19**	5.4	**6:17**	-0.1	**6:47**	-0.3	7:18	4:43	
7	Thu	**12:59**	5.6	**1:16**	5.0	**7:17**	0.2	**7:43**	0.0	7:18	4:44	
8	Fri	**1:54**	5.5	**2:13**	4.7	**8:21**	0.4	**8:43**	0.2	7:18	4:45	
9	Sat	**2:49**	5.4	**3:11**	4.6	**9:25**	0.5	**9:41**	0.3	7:18	4:46	
10	Sun	**3:44**	5.3	**4:10**	4.5	**10:24**	0.4	**10:36**	0.3	7:18	4:47	
11	Mon	**4:41**	5.3	**5:08**	4.6	**11:18**	0.2	**11:27**	0.2	7:18	4:48	
12	Tue	**5:35**	5.4	**6:01**	4.7			**12:07**	0.1	7:17	4:49	
13	Wed	**6:24**	5.5	**6:49**	4.8	**12:14**	0.1	**12:54**	0.0	7:17	4:50	
14	Thu	**7:09**	5.6	**7:32**	4.9	**12:59**	0.1	**1:37**	-0.1	7:17	4:51	
15	Fri	**7:49**	5.6	**8:13**	5.0	**1:42**	0.0	**2:19**	-0.2	7:16	4:52	
16	Sat	**8:27**	5.6	**8:51**	5.0	**2:24**	0.1	**2:58**	-0.2	7:16	4:53	
17	Sun	**9:02**	5.4	**9:27**	4.9	**3:03**	0.2	**3:35**	-0.2	7:15	4:55	
18	Mon	**9:36**	5.3	**10:02**	4.9	**3:40**	0.3	**4:09**	-0.1	7:15	4:56	
19	Tue	**10:09**	5.1	**10:38**	4.8	**4:15**	0.4	**4:42**	0.0	7:14	4:57	
20	Wed	**10:45**	4.8	**11:15**	4.8	**4:50**	0.6	**5:14**	0.2	7:14	4:58	
21	Thu	**11:27**	4.6	**11:58**	4.9	**5:26**	0.7	**5:48**	0.4	7:13	4:59	
22	Fri			**12:19**	4.4	**6:11**	0.8	**6:30**	0.6	7:12	5:00	
23	Sat	**12:48**	4.9	**1:18**	4.3	**7:14**	0.9	**7:30**	0.7	7:12	5:02	
24	Sun	**1:45**	5.1	**2:22**	4.3	**8:34**	0.8	**8:44**	0.6	7:11	5:03	
25	Mon	**2:47**	5.3	**3:29**	4.4	**9:48**	0.6	**9:54**	0.4	7:10	5:04	
26	Tue	**3:53**	5.5	**4:36**	4.6	**10:52**	0.2	**10:56**	0.0	7:10	5:05	
27	Wed	**4:58**	5.9	**5:38**	5.0	**11:50**	-0.2	**11:54**	-0.4	7:09	5:06	
28	Thu	**5:58**	6.3	**6:35**	5.4			**12:44**	-0.6	7:08	5:08	
29	Fri	**6:54**	6.6	**7:27**	5.8	**12:49**	-0.8	**1:36**	-1.0	7:07	5:09	
30	Sat	**7:45**	6.8	**8:17**	6.2	**1:43**	-1.0	**2:25**	-1.2	7:06	5:10	
31	Sun	**8:33**	6.8	**9:06**	6.3	**2:34**	-1.2	**3:11**	-1.3	7:05	5:11	