

































## 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	