US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:14**	6.6	**8:43**	6.8	**2:17**	-1.1	**2:46**	-1.2	6:28	5:46	
2	Tue	**9:01**	6.4	**9:29**	6.7	**3:06**	-1.1	**3:30**	-1.1	6:27	5:47	
3	Wed	**9:48**	6.1	**10:16**	6.5	**3:53**	-0.9	**4:13**	-0.8	6:25	5:48	
4	Thu	**10:37**	5.7	**11:03**	6.1	**4:39**	-0.6	**4:55**	-0.3	6:24	5:49	
5	Fri	**11:27**	5.2	**11:53**	5.7	**5:26**	-0.2	**5:39**	0.1	6:22	5:50	
6	Sat			**12:20**	4.9	**6:16**	0.3	**6:28**	0.6	6:20	5:52	
7	Sun	**12:46**	5.3	**1:15**	4.6	**7:12**	0.7	**7:25**	0.9	6:19	5:53	
8	Mon	**1:41**	5.1	**2:13**	4.4	**8:16**	0.9	**8:30**	1.1	6:17	5:54	
9	Tue	**2:39**	4.9	**3:12**	4.3	**9:21**	1.0	**9:35**	1.1	6:16	5:55	
10	Wed	**3:38**	4.9	**4:11**	4.5	**10:20**	0.8	**10:33**	0.9	6:14	5:56	
11	Thu	**4:36**	4.9	**5:07**	4.7	**11:11**	0.6	**11:24**	0.7	6:12	5:57	
12	Fri	**5:29**	5.1	**5:57**	5.0	**11:56**	0.3			6:11	5:58	
13	Sat	**6:16**	5.3	**6:41**	5.3	**12:11**	0.5	**12:39**	0.1	6:09	5:59	
14	Sun	**7:58**	5.4	**8:20**	5.6	**12:56**	0.3	**2:19**	-0.1	7:08	7:00	
15	Mon	**8:36**	5.5	**8:55**	5.7	**2:38**	0.2	**2:57**	-0.1	7:06	7:01	
16	Tue	**9:12**	5.5	**9:28**	5.8	**3:18**	0.1	**3:34**	-0.1	7:04	7:02	
17	Wed	**9:47**	5.4	**10:00**	5.9	**3:57**	0.1	**4:09**	0.0	7:03	7:03	
18	Thu	**10:22**	5.3	**10:32**	5.9	**4:34**	0.1	**4:43**	0.2	7:01	7:05	
19	Fri	**11:00**	5.1	**11:09**	5.8	**5:11**	0.1	**5:16**	0.3	6:59	7:06	
20	Sat	**11:43**	4.9	**11:54**	5.8	**5:49**	0.3	**5:51**	0.5	6:58	7:07	
21	Sun			**12:35**	4.7	**6:34**	0.5	**6:34**	0.6	6:56	7:08	
22	Mon	**12:49**	5.7	**1:37**	4.6	**7:31**	0.7	**7:33**	0.8	6:54	7:09	
23	Tue	**1:52**	5.6	**2:42**	4.6	**8:44**	0.8	**8:52**	0.8	6:53	7:10	
24	Wed	**2:59**	5.6	**3:48**	4.8	**10:00**	0.7	**10:10**	0.7	6:51	7:11	
25	Thu	**4:07**	5.7	**4:54**	5.2	**11:06**	0.3	**11:18**	0.3	6:50	7:12	
26	Fri	**5:13**	5.8	**5:56**	5.7			**12:03**	-0.1	6:48	7:13	
27	Sat	**6:15**	6.1	**6:53**	6.2	**12:19**	-0.1	**12:56**	-0.4	6:46	7:14	
28	Sun	**7:12**	6.3	**7:45**	6.6	**1:15**	-0.4	**1:45**	-0.7	6:45	7:15	
29	Mon	**8:04**	6.4	**8:33**	6.9	**2:08**	-0.7	**2:32**	-0.8	6:43	7:16	
30	Tue	**8:53**	6.3	**9:19**	7.0	**2:58**	-0.8	**3:18**	-0.8	6:41	7:17	
31	Wed	**9:40**	6.2	**10:03**	6.9	**3:46**	-0.8	**4:02**	-0.6	6:40	7:18	