US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:13	5.0	6:07	0.4	6:14	1.2	5:28	8:30	
2	Fri	12:15	5.2	12:56	5.1	6:44	0.6	6:56	1.4	5:28	8:29	
3	Sat	12:58	5.0	1:39	5.1	7:22	0.7	7:44	1.5	5:29	8:29	
4	Sun	1:45	4.8	2:23	5.2	8:06	0.8	8:43	1.5	5:29	8:29	
5	Mon	2:36	4.7	3:09	5.4	8:57	0.9	9:47	1.4	5:30	8:29	
6	Tue	3:31	4.7	3:59	5.6	9:55	0.9	10:51	1.1	5:31	8:29	
7	Wed	4:30	4.7	4:54	5.8	10:53	0.8	11:49	0.8	5:31	8:28	
8	Thu	5:31	4.8	5:51	6.1	11:49	0.6			5:32	8:28	
9	Fri	6:31	5.0	6:48	6.5	12:45	0.5	12:43	0.4	5:33	8:28	
10	Sat	7:27	5.2	7:43	6.8	1:39	0.1	1:38	0.1	5:33	8:27	
11	Sun	8:20	5.5	8:34	7.0	2:32	-0.2	2:31	-0.1	5:34	8:27	
12	Mon	9:12	5.8	9:24	7.1	3:23	-0.4	3:25	-0.2	5:35	8:26	
13	Tue	10:02	6.1	10:14	7.0	4:12	-0.6	4:17	-0.3	5:35	8:26	
14	Wed	10:54	6.2	11:05	6.7	4:59	-0.7	5:09	-0.2	5:36	8:25	
15	Thu	11:47	6.3	11:57	6.4	5:45	-0.7	6:00	-0.1	5:37	8:25	
16	Fri			12:40	6.3	6:32	-0.5	6:54	0.2	5:38	8:24	
17	Sat	12:52	6.0	1:34	6.3	7:20	-0.2	7:50	0.5	5:39	8:23	
18	Sun	1:47	5.7	2:27	6.2	8:12	0.1	8:52	0.7	5:39	8:23	
19	Mon	2:43	5.3	3:21	6.1	9:09	0.4	9:55	0.8	5:40	8:22	
20	Tue	3:40	5.1	4:15	6.0	10:08	0.5	10:57	0.7	5:41	8:21	
21	Wed	4:38	5.0	5:11	6.0	11:05	0.6	11:53	0.7	5:42	8:21	
22	Thu	5:37	4.9	6:06	6.0	11:58	0.6			5:43	8:20	
23	Fri	6:34	5.0	6:59	6.0	12:45	0.5	12:48	0.6	5:44	8:19	
24	Sat	7:27	5.1	7:47	6.1	1:34	0.4	1:36	0.6	5:45	8:18	
25	Sun	8:14	5.2	8:31	6.1	2:20	0.3	2:22	0.6	5:45	8:17	
26	Mon	8:58	5.3	9:11	6.1	3:03	0.2	3:07	0.6	5:46	8:16	
27	Tue	9:39	5.4	9:49	5.9	3:44	0.2	3:49	0.7	5:47	8:15	
28	Wed	10:18	5.4	10:25	5.7	4:22	0.2	4:29	0.8	5:48	8:14	
29	Thu	10:55	5.4	11:00	5.5	4:58	0.2	5:07	0.9	5:49	8:13	
30	Fri	11:32	5.3	11:37	5.2	5:32	0.4	5:44	1.1	5:50	8:12	
31	Sat			12:09	5.3	6:05	0.6	6:21	1.2	5:51	8:11	