US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**12:17**	5.0	**12:49**	5.3	**6:38**	0.7	**7:03**	1.3	5:52	8:10	
2	Mon	**1:03**	4.8	**1:34**	5.4	**7:16**	0.9	**7:57**	1.4	5:53	8:09	
3	Tue	**1:57**	4.7	**2:24**	5.5	**8:04**	1.0	**9:06**	1.4	5:54	8:08	
4	Wed	**2:55**	4.6	**3:21**	5.7	**9:09**	1.1	**10:19**	1.2	5:55	8:07	
5	Thu	**3:58**	4.6	**4:21**	5.9	**10:19**	1.0	**11:24**	0.9	5:56	8:06	
6	Fri	**5:03**	4.8	**5:24**	6.2	**11:22**	0.7			5:57	8:05	
7	Sat	**6:06**	5.1	**6:26**	6.5	**12:22**	0.5	**12:21**	0.3	5:58	8:03	
8	Sun	**7:05**	5.5	**7:23**	6.9	**1:17**	0.1	**1:18**	0.0	5:59	8:02	
9	Mon	**8:00**	6.0	**8:16**	7.1	**2:09**	-0.3	**2:13**	-0.3	6:00	8:01	
10	Tue	**8:51**	6.4	**9:06**	7.1	**2:59**	-0.6	**3:07**	-0.5	6:01	8:00	
11	Wed	**9:41**	6.6	**9:55**	7.0	**3:46**	-0.8	**3:59**	-0.5	6:02	7:58	
12	Thu	**10:30**	6.8	**10:44**	6.7	**4:33**	-0.8	**4:50**	-0.4	6:03	7:57	
13	Fri	**11:21**	6.7	**11:35**	6.3	**5:18**	-0.7	**5:41**	-0.2	6:03	7:56	
14	Sat			**12:12**	6.6	**6:03**	-0.4	**6:32**	0.1	6:04	7:54	
15	Sun	**12:29**	5.9	**1:05**	6.4	**6:51**	-0.1	**7:26**	0.5	6:05	7:53	
16	Mon	**1:24**	5.5	**1:59**	6.1	**7:42**	0.4	**8:25**	0.8	6:06	7:52	
17	Tue	**2:20**	5.2	**2:54**	5.9	**8:39**	0.7	**9:29**	1.0	6:07	7:50	
18	Wed	**3:18**	5.0	**3:50**	5.8	**9:40**	0.9	**10:33**	1.0	6:08	7:49	
19	Thu	**4:16**	4.8	**4:47**	5.7	**10:41**	1.0	**11:31**	0.9	6:09	7:47	
20	Fri	**5:15**	4.9	**5:43**	5.8	**11:36**	0.9			6:10	7:46	
21	Sat	**6:12**	5.0	**6:36**	5.9	**12:22**	0.7	**12:27**	0.8	6:11	7:44	
22	Sun	**7:03**	5.2	**7:24**	6.0	**1:09**	0.5	**1:14**	0.7	6:12	7:43	
23	Mon	**7:50**	5.4	**8:06**	6.0	**1:52**	0.3	**1:59**	0.6	6:13	7:41	
24	Tue	**8:31**	5.6	**8:45**	6.0	**2:33**	0.2	**2:42**	0.6	6:14	7:40	
25	Wed	**9:09**	5.7	**9:21**	5.9	**3:12**	0.2	**3:23**	0.6	6:15	7:38	
26	Thu	**9:45**	5.7	**9:55**	5.7	**3:48**	0.2	**4:02**	0.7	6:16	7:37	
27	Fri	**10:18**	5.7	**10:29**	5.5	**4:23**	0.3	**4:40**	0.8	6:17	7:35	
28	Sat	**10:50**	5.7	**11:03**	5.3	**4:57**	0.5	**5:15**	0.9	6:18	7:34	
29	Sun	**11:24**	5.6	**11:41**	5.0	**5:28**	0.7	**5:51**	1.0	6:19	7:32	
30	Mon			**12:02**	5.6	**6:00**	0.8	**6:31**	1.2	6:20	7:31	
31	Tue	**12:29**	4.8	**12:51**	5.6	**6:35**	1.0	**7:23**	1.3	6:21	7:29	