
























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	