
































## Rockaway Beach (inside), NY - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:09	5.8	5:36	5.0	11:46	-0.2	11:56	-0.2	7:18	4:38	
2	Sun	6:03	6.0	6:29	5.1			12:36	-0.4	7:18	4:39	
3	Mon	6:53	6.1	7:18	5.2	12:45	-0.3	1:24	-0.5	7:18	4:40	
4	Tue	7:38	6.1	8:02	5.3	1:32	-0.3	2:10	-0.5	7:19	4:41	
5	Wed	8:21	6.0	8:45	5.2	2:16	-0.2	2:52	-0.5	7:19	4:42	
6	Thu	9:01	5.8	9:26	5.1	2:58	-0.1	3:32	-0.4	7:18	4:43	
7	Fri	9:41	5.6	10:07	5.0	3:38	0.0	4:10	-0.2	7:18	4:44	
8	Sat	10:20	5.2	10:48	4.9	4:17	0.3	4:47	-0.1	7:18	4:45	
9	Sun	11:00	4.9	11:31	4.8	4:56	0.5	5:23	0.2	7:18	4:46	
10	Mon	11:43	4.6			5:36	0.7	6:01	0.4	7:18	4:47	
11	Tue	12:14	4.7	12:30	4.4	6:22	0.9	6:44	0.6	7:18	4:48	
12	Wed	1:00	4.7	1:21	4.2	7:17	1.1	7:37	0.7	7:17	4:49	
13	Thu	1:48	4.7	2:16	4.1	8:24	1.1	8:39	0.8	7:17	4:50	
14	Fri	2:40	4.8	3:15	4.2	9:30	0.9	9:40	0.7	7:17	4:51	
15	Sat	3:36	5.0	4:16	4.3	10:31	0.6	10:36	0.4	7:16	4:52	
16	Sun	4:34	5.3	5:14	4.5	11:26	0.2	11:30	0.1	7:16	4:53	
17	Mon	5:30	5.7	6:08	4.9			12:18	-0.1	7:15	4:54	
18	Tue	6:23	6.1	6:59	5.2	12:21	-0.2	1:09	-0.5	7:15	4:55	
19	Wed	7:13	6.4	7:46	5.6	1:11	-0.5	1:57	-0.8	7:14	4:57	
20	Thu	8:00	6.6	8:33	5.8	2:01	-0.8	2:43	-1.0	7:14	4:58	
21	Fri	8:47	6.6	9:21	6.0	2:51	-0.9	3:29	-1.1	7:13	4:59	
22	Sat	9:35	6.4	10:10	6.0	3:40	-0.9	4:13	-1.0	7:13	5:00	
23	Sun	10:25	6.1	11:01	6.0	4:29	-0.8	4:58	-0.9	7:12	5:01	
24	Mon	11:18	5.7	11:55	5.9	5:20	-0.5	5:46	-0.6	7:11	5:03	
25	Tue			12:14	5.3	6:14	-0.2	6:38	-0.2	7:10	5:04	
26	Wed	12:51	5.7	1:12	5.0	7:15	0.1	7:37	0.1	7:10	5:05	
27	Thu	1:49	5.5	2:13	4.7	8:22	0.3	8:42	0.3	7:09	5:06	
28	Fri	2:47	5.4	3:14	4.6	9:30	0.4	9:46	0.3	7:08	5:07	
29	Sat	3:48	5.4	4:17	4.6	10:32	0.2	10:44	0.2	7:07	5:09	
30	Sun	4:48	5.4	5:17	4.8	11:27	0.1	11:37	0.1	7:06	5:10	
31	Mon	5:44	5.6	6:11	5.0			12:17	-0.1	7:05	5:11	