

































Rockaway Beach (inside), NY - Mar 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:20	5.3	5:48	5.0	11:52	0.1			6:29	5:46	
2	Wed	6:10	5.5	6:35	5.3	12:04	0.3	12:36	-0.1	6:27	5:47	
3	Thu	6:55	5.6	7:17	5.5	12:50	0.1	1:17	-0.2	6:26	5:48	
4	Fri	7:35	5.6	7:55	5.7	1:32	0.0	1:55	-0.3	6:24	5:49	
5	Sat	8:13	5.6	8:31	5.7	2:13	0.0	2:32	-0.3	6:22	5:50	
6	Sun	8:48	5.5	9:04	5.7	2:52	0.0	3:08	-0.1	6:21	5:51	
7	Mon	9:22	5.3	9:35	5.6	3:29	0.1	3:41	0.0	6:19	5:52	
8	Tue	9:56	5.0	10:06	5.5	4:04	0.2	4:13	0.3	6:18	5:53	
9	Wed	10:31	4.8	10:39	5.4	4:37	0.4	4:44	0.5	6:16	5:55	
10	Thu	11:12	4.6	11:20	5.3	5:12	0.6	5:15	0.7	6:14	5:56	
11	Fri			12:01	4.4	5:52	0.8	5:54	0.9	6:13	5:57	
12	Sat	12:12	5.2	1:00	4.3	6:50	1.0	6:54	1.0	6:11	5:58	
13	Sun	1:13	5.2	3:05	4.4	9:09	1.0	9:16	1.0	7:10	6:59	
14	Mon	3:19	5.3	4:10	4.6	10:25	0.8	10:33	0.8	7:08	7:00	
15	Tue	4:27	5.5	5:15	5.0	11:28	0.4	11:38	0.3	7:06	7:01	
16	Wed	5:33	5.8	6:16	5.5			12:24	0.0	7:05	7:02	
17	Thu	6:34	6.1	7:11	6.1	12:37	-0.1	1:15	-0.4	7:03	7:03	
18	Fri	7:30	6.4	8:02	6.6	1:32	-0.6	2:04	-0.8	7:01	7:04	
19	Sat	8:22	6.5	8:51	6.9	2:26	-0.9	2:52	-1.0	7:00	7:05	
20	Sun	9:11	6.5	9:38	7.1	3:17	-1.1	3:39	-1.0	6:58	7:06	
21	Mon	9:59	6.4	10:26	7.0	4:07	-1.1	4:25	-0.9	6:57	7:07	
22	Tue	10:49	6.1	11:15	6.7	4:56	-0.9	5:11	-0.6	6:55	7:09	
23	Wed	11:41	5.8			5:45	-0.6	5:58	-0.2	6:53	7:10	
24	Thu	12:06	6.3	12:35	5.4	6:35	-0.2	6:47	0.2	6:52	7:11	
25	Fri	1:00	5.9	1:32	5.1	7:29	0.2	7:42	0.6	6:50	7:12	
26	Sat	1:57	5.6	2:30	4.8	8:29	0.6	8:45	0.9	6:48	7:13	
27	Sun	2:55	5.3	3:29	4.8	9:34	0.7	9:51	1.0	6:47	7:14	
28	Mon	3:53	5.1	4:27	4.8	10:36	0.7	10:54	1.0	6:45	7:15	
29	Tue	4:51	5.1	5:24	5.0	11:30	0.6	11:48	0.8	6:43	7:16	
30	Wed	5:47	5.2	6:17	5.3			12:17	0.4	6:42	7:17	
31	Thu	6:38	5.3	7:04	5.6	12:38	0.6	1:00	0.2	6:40	7:18	