

































Rockaway Beach (inside), NY - Jul 2016

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