






























## Glen Cove, Hempstead Harbor, NY - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:32	7.2	5:08	7.5	11:00	0.5	11:42	0.8	5:26	8:30	
2	Wed	5:29	6.9	6:00	7.4	11:53	0.8			5:27	8:30	
3	Thu	6:29	6.6	6:54	7.3	12:40	0.9	12:47	1.1	5:28	8:29	
4	Fri	7:32	6.4	7:50	7.2	1:38	0.9	1:43	1.3	5:28	8:29	
5	Sat	8:34	6.3	8:44	7.3	2:34	0.8	2:39	1.4	5:29	8:29	
6	Sun	9:29	6.3	9:34	7.3	3:28	0.7	3:31	1.4	5:29	8:29	
7	Mon	10:18	6.4	10:16	7.5	4:17	0.6	4:17	1.4	5:30	8:28	
8	Tue	11:00	6.5	10:53	7.6	5:01	0.5	4:58	1.3	5:31	8:28	
9	Wed	11:36	6.7	11:25	7.7	5:41	0.4	5:33	1.2	5:31	8:28	
10	Thu			12:07	6.9	6:16	0.2	6:06	1.1	5:32	8:27	
11	Fri			12:38	7.1	6:45	0.1	6:41	0.8	5:33	8:27	
12	Sat	12:37	8.0	1:12	7.4	7:14	0.0	7:19	0.6	5:33	8:26	
13	Sun	1:18	8.1	1:50	7.8	7:47	-0.2	8:02	0.4	5:34	8:26	
14	Mon	2:02	8.1	2:33	8.1	8:25	-0.2	8:48	0.2	5:35	8:25	
15	Tue	2:49	8.0	3:19	8.3	9:08	-0.2	9:40	0.1	5:36	8:25	
16	Wed	3:39	7.8	4:09	8.5	9:56	-0.1	10:37	0.1	5:37	8:24	
17	Thu	4:34	7.6	5:04	8.5	10:49	0.1	11:41	0.1	5:37	8:23	
18	Fri	5:34	7.3	6:04	8.4	11:48	0.3			5:38	8:23	
19	Sat	6:42	7.1	7:09	8.4	12:51	0.1	12:53	0.5	5:39	8:22	
20	Sun	7:58	7.0	8:22	8.4	2:04	0.0	2:06	0.6	5:40	8:21	
21	Mon	9:14	7.1	9:32	8.5	3:14	-0.1	3:19	0.5	5:41	8:20	
22	Tue	10:19	7.3	10:33	8.6	4:16	-0.4	4:24	0.3	5:42	8:20	
23	Wed	11:15	7.6	11:27	8.6	5:11	-0.5	5:22	0.2	5:43	8:19	
24	Thu			12:06	7.8	6:02	-0.7	6:14	0.1	5:43	8:18	
25	Fri	12:17	8.6	12:53	7.9	6:49	-0.7	7:03	0.0	5:44	8:17	
26	Sat	1:03	8.4	1:36	8.0	7:32	-0.5	7:49	0.1	5:45	8:16	
27	Sun	1:46	8.2	2:16	8.0	8:12	-0.3	8:32	0.2	5:46	8:15	
28	Mon	2:26	7.9	2:53	7.9	8:49	0.0	9:14	0.4	5:47	8:14	
29	Tue	3:05	7.6	3:30	7.8	9:26	0.3	9:58	0.6	5:48	8:13	
30	Wed	3:45	7.2	4:08	7.6	10:04	0.7	10:46	0.8	5:49	8:12	
31	Thu	4:29	6.8	4:52	7.4	10:47	1.0	11:42	1.0	5:50	8:11	