

































## Long Beach (inside), NY - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:28	3.9	3:49	3.3	9:52	0.3	9:52	0.0	7:18	4:38	
2	Mon	4:24	3.9	4:47	3.2	10:45	0.2	10:39	0.1	7:18	4:38	
3	Tue	5:16	3.9	5:41	3.2	11:33	0.1	11:24	0.1	7:18	4:39	
4	Wed	6:03	4.0	6:29	3.3			12:19	0.0	7:18	4:40	
5	Thu	6:45	4.1	7:13	3.3	12:08	0.1	1:04	-0.1	7:18	4:41	
6	Fri	7:25	4.1	7:54	3.3	12:52	0.1	1:47	-0.1	7:18	4:42	
7	Sat	8:02	4.1	8:35	3.3	1:35	0.1	2:27	-0.1	7:18	4:43	
8	Sun	8:39	4.0	9:15	3.3	2:17	0.1	3:05	-0.1	7:18	4:44	
9	Mon	9:15	3.9	9:56	3.2	2:56	0.2	3:40	-0.1	7:17	4:45	
10	Tue	9:50	3.7	10:37	3.2	3:33	0.2	4:13	0.0	7:17	4:46	
11	Wed	10:26	3.6	11:18	3.2	4:08	0.3	4:46	0.1	7:17	4:47	
12	Thu	11:06	3.4			4:46	0.5	5:19	0.2	7:17	4:48	
13	Fri	12:00	3.2	11:50 AM	3.3	5:29	0.6	5:56	0.2	7:16	4:49	
14	Sat	12:44	3.3	12:40	3.2	6:25	0.6	6:44	0.3	7:16	4:50	
15	Sun	1:29	3.5	1:34	3.1	7:37	0.6	7:45	0.3	7:16	4:51	
16	Mon	2:20	3.6	2:34	3.0	8:50	0.5	8:50	0.2	7:15	4:53	
17	Tue	3:19	3.8	3:43	3.0	9:56	0.2	9:53	0.0	7:15	4:54	
18	Wed	4:25	4.1	4:55	3.2	10:55	-0.1	10:52	-0.2	7:14	4:55	
19	Thu	5:28	4.4	5:58	3.4	11:51	-0.4	11:50	-0.4	7:14	4:56	
20	Fri	6:25	4.7	6:54	3.7			12:46	-0.7	7:13	4:57	
21	Sat	7:18	4.9	7:47	3.9	12:48	-0.6	1:40	-0.9	7:12	4:58	
22	Sun	8:10	4.9	8:40	4.0	1:44	-0.8	2:31	-1.1	7:12	4:59	
23	Mon	9:02	4.9	9:33	4.1	2:38	-0.8	3:19	-1.1	7:11	5:01	
24	Tue	9:54	4.7	10:28	4.1	3:30	-0.8	4:05	-1.1	7:10	5:02	
25	Wed	10:47	4.4	11:23	4.0	4:21	-0.6	4:51	-0.9	7:10	5:03	
26	Thu	11:41	4.1			5:13	-0.3	5:38	-0.6	7:09	5:04	
27	Fri	12:16	3.9	12:34	3.7	6:10	0.0	6:29	-0.3	7:08	5:06	
28	Sat	1:08	3.8	1:27	3.4	7:14	0.2	7:24	0.0	7:07	5:07	
29	Sun	1:59	3.7	2:20	3.1	8:21	0.4	8:22	0.2	7:06	5:08	
30	Mon	2:51	3.6	3:17	2.9	9:23	0.4	9:18	0.3	7:06	5:09	
31	Tue	3:48	3.5	4:19	2.9	10:20	0.3	10:11	0.3	7:05	5:10	