

































Long Beach (inside), NY - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:36	3.9	8:53	4.6	2:25	0.0	2:28	0.2	5:52	7:50	
2	Sat	9:15	3.8	9:29	4.5	3:07	0.0	3:05	0.3	5:51	7:51	
3	Sun	9:54	3.7	10:04	4.4	3:46	0.1	3:42	0.5	5:50	7:52	
4	Mon	10:34	3.5	10:41	4.2	4:24	0.2	4:17	0.6	5:49	7:53	
5	Tue	11:17	3.4	11:20	4.0	5:01	0.3	4:51	0.8	5:48	7:54	
6	Wed			12:03	3.2	5:39	0.5	5:26	1.0	5:46	7:55	
7	Thu	12:03	3.9	12:54	3.2	6:20	0.7	6:05	1.1	5:45	7:56	
8	Fri	12:53	3.8	1:44	3.2	7:08	0.8	6:59	1.2	5:44	7:57	
9	Sat	1:44	3.7	2:32	3.3	8:06	0.8	8:14	1.3	5:43	7:58	
10	Sun	2:37	3.7	3:21	3.5	9:05	0.7	9:28	1.1	5:42	7:59	
11	Mon	3:31	3.7	4:14	3.8	10:00	0.6	10:32	0.9	5:41	8:00	
12	Tue	4:31	3.8	5:10	4.1	10:50	0.4	11:29	0.5	5:40	8:01	
13	Wed	5:33	3.9	6:04	4.5	11:38	0.2			5:39	8:02	
14	Thu	6:31	4.0	6:55	4.9	12:22	0.2	12:25	0.0	5:38	8:03	
15	Fri	7:24	4.1	7:43	5.2	1:15	-0.1	1:14	-0.2	5:37	8:04	
16	Sat	8:15	4.2	8:32	5.3	2:09	-0.3	2:06	-0.2	5:36	8:05	
17	Sun	9:07	4.2	9:22	5.3	3:03	-0.4	2:59	-0.3	5:35	8:06	
18	Mon	10:01	4.2	10:16	5.2	3:55	-0.5	3:52	-0.2	5:34	8:07	
19	Tue	10:59	4.1	11:14	5.0	4:47	-0.4	4:44	0.0	5:33	8:08	
20	Wed			12:01	4.1	5:38	-0.3	5:39	0.2	5:33	8:09	
21	Thu	12:15	4.7	1:03	4.0	6:33	-0.1	6:38	0.4	5:32	8:10	
22	Fri	1:16	4.5	2:02	4.0	7:33	0.1	7:45	0.7	5:31	8:11	
23	Sat	2:13	4.3	2:57	4.1	8:34	0.2	8:54	0.8	5:30	8:11	
24	Sun	3:08	4.0	3:51	4.1	9:32	0.3	9:58	0.7	5:30	8:12	
25	Mon	4:03	3.8	4:45	4.2	10:23	0.3	10:55	0.7	5:29	8:13	
26	Tue	4:59	3.7	5:37	4.3	11:10	0.3	11:46	0.5	5:28	8:14	
27	Wed	5:54	3.7	6:25	4.4	11:53	0.4			5:28	8:15	
28	Thu	6:44	3.6	7:08	4.6	12:32	0.4	12:33	0.4	5:27	8:16	
29	Fri	7:29	3.7	7:48	4.6	1:16	0.3	1:13	0.5	5:27	8:16	
30	Sat	8:11	3.7	8:25	4.6	2:00	0.3	1:54	0.5	5:26	8:17	
31	Sun	8:52	3.6	9:02	4.6	2:43	0.2	2:36	0.6	5:26	8:18	