



## Long Beach (inside), NY - Jan 2029

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Mon | 8:00  | 4.6 | 8:36  | 3.7 | 1:38  | -0.3 | 2:32  | -0.6 | 7:18  | 4:38 | ☉   |
| 2    | Tue | 8:42  | 4.6 | 9:24  | 3.8 | 2:26  | -0.4 | 3:14  | -0.7 | 7:18  | 4:39 | ☉   |
| 3    | Wed | 9:30  | 4.5 | 10:12 | 3.9 | 3:14  | -0.4 | 3:56  | -0.7 | 7:18  | 4:40 | ☉   |
| 4    | Thu | 10:24 | 4.3 | 11:06 | 3.9 | 4:02  | -0.4 | 4:38  | -0.6 | 7:18  | 4:41 | ☾   |
| 5    | Fri | 11:18 | 4.1 |       |     | 4:56  | -0.2 | 5:26  | -0.5 | 7:18  | 4:42 | ☾   |
| 6    | Sat | 12:00 | 4.0 | 12:12 | 3.9 | 5:50  | -0.1 | 6:20  | -0.3 | 7:18  | 4:43 | ☾   |
| 7    | Sun | 1:00  | 4.1 | 1:12  | 3.6 | 7:02  | 0.1  | 7:20  | -0.2 | 7:18  | 4:44 | ☾   |
| 8    | Mon | 1:54  | 4.1 | 2:12  | 3.4 | 8:08  | 0.2  | 8:26  | -0.1 | 7:17  | 4:45 | ☾   |
| 9    | Tue | 2:54  | 4.1 | 3:12  | 3.3 | 9:20  | 0.1  | 9:26  | -0.1 | 7:17  | 4:46 | ☾   |
| 10   | Wed | 3:54  | 4.1 | 4:24  | 3.3 | 10:20 | -0.1 | 10:26 | -0.2 | 7:17  | 4:47 | ☾   |
| 11   | Thu | 5:00  | 4.2 | 5:24  | 3.3 | 11:14 | -0.2 | 11:20 | -0.2 | 7:17  | 4:48 | ☾   |
| 12   | Fri | 5:54  | 4.3 | 6:24  | 3.5 |       |      | 12:08 | -0.4 | 7:16  | 4:49 | ☾   |
| 13   | Sat | 6:48  | 4.4 | 7:12  | 3.6 | 12:14 | -0.3 | 12:56 | -0.5 | 7:16  | 4:50 | ☾   |
| 14   | Sun | 7:30  | 4.4 | 7:54  | 3.7 | 1:02  | -0.3 | 1:44  | -0.5 | 7:16  | 4:51 | ☾   |
| 15   | Mon | 8:12  | 4.3 | 8:42  | 3.7 | 1:50  | -0.3 | 2:26  | -0.5 | 7:15  | 4:52 | ☾   |
| 16   | Tue | 8:54  | 4.2 | 9:24  | 3.6 | 2:32  | -0.2 | 3:08  | -0.5 | 7:15  | 4:53 | ☾   |
| 17   | Wed | 9:36  | 4.0 | 10:06 | 3.6 | 3:14  | -0.1 | 3:44  | -0.4 | 7:14  | 4:54 | ☾   |
| 18   | Thu | 10:18 | 3.8 | 10:48 | 3.5 | 3:56  | 0.0  | 4:14  | -0.3 | 7:14  | 4:55 | ☾   |
| 19   | Fri | 11:00 | 3.5 | 11:30 | 3.4 | 4:32  | 0.2  | 4:50  | -0.1 | 7:13  | 4:57 | ☾   |
| 20   | Sat | 11:42 | 3.3 |       |     | 5:14  | 0.4  | 5:26  | 0.1  | 7:13  | 4:58 | ☾   |
| 21   | Sun | 12:12 | 3.4 | 12:30 | 3.1 | 5:56  | 0.6  | 6:02  | 0.3  | 7:12  | 4:59 | ☾   |
| 22   | Mon | 12:54 | 3.3 | 1:12  | 2.9 | 6:56  | 0.7  | 6:56  | 0.4  | 7:11  | 5:00 | ☾   |
| 23   | Tue | 1:36  | 3.3 | 2:00  | 2.8 | 8:02  | 0.7  | 7:56  | 0.5  | 7:11  | 5:01 | ☾   |
| 24   | Wed | 2:24  | 3.4 | 3:00  | 2.7 | 9:08  | 0.6  | 8:56  | 0.4  | 7:10  | 5:03 | ☾   |
| 25   | Thu | 3:24  | 3.4 | 4:00  | 2.8 | 10:08 | 0.4  | 9:56  | 0.3  | 7:09  | 5:04 | ☾   |
| 26   | Fri | 4:24  | 3.6 | 5:06  | 3.0 | 10:56 | 0.2  | 10:50 | 0.1  | 7:08  | 5:05 | ☾   |
| 27   | Sat | 5:24  | 3.9 | 6:00  | 3.2 | 11:50 | -0.1 | 11:38 | -0.2 | 7:08  | 5:06 | ☉   |
| 28   | Sun | 6:12  | 4.2 | 6:48  | 3.5 |       |      | 12:38 | -0.4 | 7:07  | 5:07 | ☉   |
| 29   | Mon | 7:00  | 4.4 | 7:30  | 3.8 | 12:32 | -0.4 | 1:20  | -0.6 | 7:06  | 5:09 | ☉   |
| 30   | Tue | 7:42  | 4.6 | 8:18  | 4.0 | 1:26  | -0.6 | 2:08  | -0.9 | 7:05  | 5:10 | ☉   |
| 31   | Wed | 8:30  | 4.6 | 9:00  | 4.2 | 2:14  | -0.8 | 2:50  | -1.0 | 7:04  | 5:11 | ☉   |