

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:24	4.0	5:49	0.2	5:56	0.7	5:27	8:29	
2	Sat	12:27	4.0	1:12	3.9	6:29	0.4	6:42	0.9	5:28	8:29	
3	Sun	1:13	3.8	1:57	3.9	7:12	0.6	7:36	1.1	5:28	8:29	
4	Mon	1:59	3.7	2:42	3.9	8:00	0.7	8:36	1.1	5:29	8:28	
5	Tue	2:45	3.5	3:26	3.9	8:52	0.8	9:36	1.1	5:30	8:28	
6	Wed	3:33	3.4	4:14	4.0	9:45	0.8	10:33	1.0	5:30	8:28	
7	Thu	4:27	3.4	5:06	4.1	10:36	0.7	11:24	0.8	5:31	8:27	
8	Fri	5:25	3.4	5:57	4.3	11:25	0.7			5:32	8:27	
9	Sat	6:21	3.6	6:46	4.5	12:13	0.5	12:12	0.5	5:32	8:27	
10	Sun	7:11	3.7	7:30	4.8	1:01	0.3	1:00	0.4	5:33	8:26	
11	Mon	7:57	3.9	8:13	4.9	1:49	0.1	1:48	0.3	5:34	8:26	
12	Tue	8:41	4.1	8:57	5.0	2:36	-0.1	2:38	0.1	5:34	8:25	
13	Wed	9:27	4.2	9:43	5.0	3:22	-0.3	3:27	0.0	5:35	8:25	
14	Thu	10:15	4.3	10:31	5.0	4:06	-0.4	4:15	0.0	5:36	8:24	
15	Fri	11:06	4.4	11:23	4.8	4:50	-0.4	5:04	0.0	5:37	8:24	
16	Sat			12:01	4.5	5:35	-0.4	5:56	0.2	5:37	8:23	
17	Sun	12:19	4.6	12:58	4.6	6:23	-0.3	6:54	0.3	5:38	8:22	
18	Mon	1:17	4.4	1:54	4.6	7:17	-0.1	8:01	0.5	5:39	8:22	
19	Tue	2:14	4.3	2:50	4.6	8:16	0.1	9:10	0.5	5:40	8:21	
20	Wed	3:12	4.1	3:47	4.6	9:19	0.1	10:16	0.4	5:41	8:20	
21	Thu	4:13	4.0	4:47	4.6	10:20	0.2	11:16	0.3	5:42	8:20	
22	Fri	5:17	3.9	5:48	4.7	11:17	0.2			5:42	8:19	
23	Sat	6:19	4.0	6:44	4.8	12:11	0.2	12:10	0.2	5:43	8:18	
24	Sun	7:14	4.1	7:34	4.8	1:02	0.1	1:01	0.2	5:44	8:17	
25	Mon	8:03	4.2	8:19	4.8	1:51	0.0	1:51	0.2	5:45	8:16	
26	Tue	8:49	4.2	9:02	4.8	2:38	-0.1	2:39	0.2	5:46	8:15	
27	Wed	9:34	4.3	9:43	4.6	3:21	-0.1	3:24	0.3	5:47	8:14	
28	Thu	10:17	4.2	10:24	4.5	4:01	0.0	4:06	0.4	5:48	8:13	
29	Fri	11:01	4.2	11:06	4.2	4:38	0.1	4:45	0.5	5:49	8:12	
30	Sat	11:45	4.1	11:48	4.0	5:13	0.2	5:25	0.6	5:50	8:11	
31	Sun			12:29	4.0	5:48	0.4	6:05	0.8	5:51	8:10	