































## Long Beach (inside), NY - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:04	4.0	5:35	3.7	11:20	-0.3	11:28	-0.2	6:27	5:45	
2	Thu	5:58	4.1	6:26	3.9			12:08	-0.4	6:26	5:47	
3	Fri	6:45	4.2	7:10	4.0	12:17	-0.3	12:53	-0.4	6:24	5:48	
4	Sat	7:27	4.2	7:52	4.1	1:03	-0.4	1:36	-0.5	6:23	5:49	
5	Sun	8:07	4.2	8:31	4.1	1:47	-0.4	2:15	-0.4	6:21	5:50	
6	Mon	8:45	4.0	9:10	4.1	2:29	-0.4	2:52	-0.4	6:19	5:51	
7	Tue	9:23	3.9	9:48	4.0	3:07	-0.3	3:26	-0.2	6:18	5:52	
8	Wed	10:02	3.7	10:27	3.8	3:44	-0.1	3:59	-0.1	6:16	5:53	
9	Thu	10:41	3.5	11:07	3.7	4:21	0.0	4:30	0.1	6:15	5:54	
10	Fri	11:23	3.3	11:49	3.6	4:58	0.2	5:03	0.3	6:13	5:55	
11	Sat			12:09	3.1	5:40	0.4	5:41	0.5	6:12	5:57	
12	Sun	12:34	3.5	1:57	3.0	7:34	0.6	7:34	0.7	7:10	6:58	
13	Mon	2:21	3.4	2:49	3.0	8:41	0.7	8:47	0.8	7:08	6:59	
14	Tue	3:14	3.5	3:46	3.0	9:48	0.6	9:58	0.7	7:07	7:00	
15	Wed	4:13	3.6	4:49	3.2	10:47	0.4	10:59	0.4	7:05	7:01	
16	Thu	5:17	3.8	5:51	3.5	11:40	0.1	11:54	0.1	7:03	7:02	
17	Fri	6:17	4.0	6:45	3.8			12:29	-0.2	7:02	7:03	
18	Sat	7:09	4.3	7:34	4.2	12:46	-0.2	1:17	-0.5	7:00	7:04	
19	Sun	7:57	4.6	8:20	4.6	1:38	-0.5	2:05	-0.7	6:58	7:05	
20	Mon	8:44	4.7	9:06	4.8	2:30	-0.8	2:52	-0.9	6:57	7:06	
21	Tue	9:32	4.7	9:54	4.9	3:21	-0.9	3:39	-1.0	6:55	7:07	
22	Wed	10:23	4.6	10:45	4.9	4:10	-0.9	4:25	-0.9	6:53	7:08	
23	Thu	11:16	4.4	11:39	4.7	5:00	-0.8	5:12	-0.7	6:52	7:09	
24	Fri			12:14	4.2	5:51	-0.6	6:02	-0.4	6:50	7:10	
25	Sat	12:37	4.5	1:14	4.0	6:48	-0.3	6:58	-0.1	6:49	7:11	
26	Sun	1:37	4.3	2:13	3.8	7:53	0.0	8:04	0.2	6:47	7:12	
27	Mon	2:36	4.1	3:13	3.7	9:02	0.1	9:14	0.3	6:45	7:14	
28	Tue	3:35	3.9	4:14	3.6	10:07	0.2	10:19	0.3	6:44	7:15	
29	Wed	4:38	3.8	5:16	3.7	11:05	0.1	11:17	0.3	6:42	7:16	
30	Thu	5:40	3.9	6:13	3.9	11:55	0.0			6:40	7:17	
31	Fri	6:34	3.9	7:02	4.0	12:09	0.1	12:40	-0.1	6:39	7:18	