

































## Long Beach (inside), NY - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:26	4.3	4:59	3.7	10:54	-0.3	10:58	-0.6	7:18	4:38	
2	Thu	5:28	4.6	6:00	3.9	11:50	-0.6	11:53	-0.8	7:18	4:39	
3	Fri	6:24	4.9	6:55	4.1			12:46	-0.8	7:18	4:40	
4	Sat	7:17	5.0	7:48	4.3	12:49	-0.9	1:39	-1.0	7:18	4:41	
5	Sun	8:08	5.0	8:41	4.3	1:44	-0.9	2:31	-1.1	7:18	4:42	
6	Mon	8:59	4.9	9:35	4.2	2:37	-0.9	3:20	-1.1	7:18	4:43	
7	Tue	9:52	4.7	10:30	4.1	3:27	-0.8	4:07	-1.0	7:17	4:44	
8	Wed	10:45	4.4	11:25	4.0	4:17	-0.5	4:54	-0.7	7:17	4:45	
9	Thu	11:38	4.1			5:07	-0.2	5:43	-0.4	7:17	4:46	
10	Fri	12:18	3.9	12:31	3.8	6:02	0.1	6:36	-0.2	7:17	4:47	
11	Sat	1:10	3.8	1:22	3.5	7:02	0.3	7:31	0.1	7:17	4:48	
12	Sun	2:00	3.7	2:13	3.3	8:05	0.4	8:26	0.2	7:16	4:49	
13	Mon	2:50	3.6	3:06	3.1	9:05	0.4	9:18	0.2	7:16	4:50	
14	Tue	3:43	3.6	4:03	3.0	9:59	0.4	10:07	0.2	7:16	4:51	
15	Wed	4:37	3.7	4:59	3.1	10:48	0.2	10:53	0.1	7:15	4:52	
16	Thu	5:27	3.8	5:50	3.2	11:34	0.1	11:38	0.1	7:15	4:53	
17	Fri	6:13	3.9	6:35	3.3			12:18	-0.1	7:14	4:54	
18	Sat	6:54	4.0	7:16	3.4	12:21	0.0	1:01	-0.2	7:14	4:56	
19	Sun	7:32	4.1	7:54	3.5	1:05	-0.1	1:43	-0.3	7:13	4:57	
20	Mon	8:08	4.1	8:31	3.5	1:47	-0.1	2:23	-0.4	7:13	4:58	
21	Tue	8:43	4.1	9:07	3.5	2:27	-0.1	3:01	-0.4	7:12	4:59	
22	Wed	9:18	4.0	9:44	3.5	3:05	-0.1	3:36	-0.4	7:11	5:00	
23	Thu	9:56	3.9	10:23	3.5	3:42	-0.1	4:10	-0.4	7:11	5:01	
24	Fri	10:38	3.8	11:09	3.6	4:20	0.0	4:46	-0.3	7:10	5:03	
25	Sat	11:27	3.7			5:03	0.1	5:27	-0.2	7:09	5:04	
26	Sun	12:00	3.7	12:23	3.5	5:58	0.2	6:19	-0.1	7:08	5:05	
27	Mon	12:55	3.8	1:21	3.4	7:10	0.3	7:24	-0.1	7:07	5:06	
28	Tue	1:53	3.9	2:23	3.4	8:26	0.2	8:34	-0.2	7:07	5:08	
29	Wed	2:56	4.0	3:31	3.4	9:35	0.0	9:40	-0.3	7:06	5:09	
30	Thu	4:05	4.1	4:41	3.5	10:37	-0.3	10:41	-0.5	7:05	5:10	
31	Fri	5:11	4.4	5:45	3.8	11:34	-0.6	11:39	-0.7	7:04	5:11	