US HARBORS www.USHarbors.com

Long Beach (inside), NY - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:40	4.2	7:09	3.5	12:08	0.0	1:01	-0.2	7:18	4:38	
2	Sun	7:18	4.4	7:50	3.5	12:53	-0.1	1:46	-0.3	7:18	4:38	
3	Mon	7:57	4.4	8:32	3.6	1:37	-0.2	2:29	-0.4	7:18	4:39	
4	Tue	8:37	4.5	9:15	3.6	2:22	-0.3	3:11	-0.5	7:18	4:40	
5	Wed	9:20	4.4	10:03	3.6	3:06	-0.3	3:53	-0.5	7:18	4:41	
6	Thu	10:09	4.3	10:56	3.6	3:50	-0.3	4:35	-0.5	7:18	4:42	
7	Fri	11:03	4.2	11:52	3.7	4:38	-0.2	5:22	-0.4	7:18	4:43	
8	Sat			12:01	4.0	5:33	0.0	6:15	-0.3	7:17	4:44	
9	Sun	12:48	3.8	12:59	3.8	6:39	0.1	7:15	-0.2	7:17	4:45	
10	Mon	1:45	3.9	1:58	3.7	7:52	0.1	8:18	-0.2	7:17	4:46	
11	Tue	2:43	4.0	3:00	3.5	9:02	0.0	9:19	-0.3	7:17	4:47	
12	Wed	3:44	4.1	4:06	3.5	10:05	-0.1	10:17	-0.4	7:17	4:48	
13	Thu	4:46	4.3	5:11	3.5	11:03	-0.3	11:11	-0.4	7:16	4:49	
14	Fri	5:44	4.4	6:09	3.6	11:57	-0.5			7:16	4:50	
15	Sat	6:36	4.6	7:01	3.7	12:04	-0.5	12:49	-0.6	7:15	4:51	
16	Sun	7:24	4.6	7:50	3.8	12:55	-0.5	1:39	-0.7	7:15	4:52	
17	Mon	8:09	4.5	8:36	3.7	1:45	-0.5	2:25	-0.7	7:15	4:54	
18	Tue	8:54	4.4	9:22	3.7	2:31	-0.4	3:08	-0.6	7:14	4:55	
19	Wed	9:38	4.2	10:08	3.6	3:15	-0.3	3:48	-0.5	7:14	4:56	
20	Thu	10:23	3.9	10:55	3.5	3:56	-0.1	4:26	-0.3	7:13	4:57	
21	Fri	11:08	3.7	11:41	3.4	4:37	0.1	5:03	-0.1	7:12	4:58	
22	Sat	11:54	3.5			5:20	0.4	5:43	0.1	7:12	4:59	
23	Sun	12:27	3.3	12:40	3.2	6:09	0.6	6:27	0.2	7:11	5:01	
24	Mon	1:12	3.3	1:27	3.1	7:08	0.7	7:19	0.4	7:10	5:02	
25	Tue	1:56	3.3	2:15	2.9	8:13	0.7	8:15	0.4	7:10	5:03	
26	Wed	2:43	3.3	3:09	2.9	9:14	0.6	9:10	0.4	7:09	5:04	
27	Thu	3:36	3.4	4:09	2.9	10:09	0.4	10:03	0.3	7:08	5:05	
28	Fri	4:33	3.6	5:07	3.0	10:59	0.2	10:52	0.1	7:07	5:07	
29	Sat	5:25	3.8	5:59	3.2	11:47	0.0	11:40	-0.1	7:06	5:08	
30	Sun	6:12	4.1	6:44	3.4			12:34	-0.3	7:05	5:09	
31	Mon	6:56	4.3	7:28	3.6	12:29	-0.3	1:21	-0.5	7:05	5:10	