

































## Long Beach (inside), NY - Mar 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:18	4.6	7:49	4.2	12:57	-0.6	1:38	-0.8	6:26	5:46	
2	Thu	8:04	4.7	8:35	4.4	1:48	-0.8	2:24	-0.9	6:25	5:47	
3	Fri	8:52	4.7	9:23	4.5	2:38	-0.9	3:08	-1.0	6:23	5:48	
4	Sat	9:41	4.5	10:14	4.5	3:27	-0.9	3:52	-0.9	6:22	5:50	
5	Sun	10:34	4.3	11:08	4.5	4:16	-0.8	4:37	-0.7	6:20	5:51	
6	Mon	11:31	4.0			5:08	-0.5	5:27	-0.4	6:18	5:52	
7	Tue	12:05	4.3	12:30	3.7	6:08	-0.2	6:25	-0.1	6:17	5:53	
8	Wed	1:03	4.2	1:30	3.5	7:15	0.0	7:32	0.1	6:15	5:54	
9	Thu	2:02	4.0	2:31	3.4	8:25	0.1	8:41	0.2	6:14	5:55	
10	Fri	3:03	3.9	3:36	3.3	9:31	0.1	9:45	0.2	6:12	5:56	
11	Sat	4:08	3.9	4:42	3.4	10:29	0.0	10:43	0.1	6:10	5:57	
12	Sun	6:09	3.9	6:40	3.6			12:20	-0.1	7:09	6:58	
13	Mon	7:02	4.0	7:28	3.7	12:34	0.0	1:07	-0.2	7:07	6:59	
14	Tue	7:47	4.1	8:10	3.9	1:21	-0.1	1:50	-0.3	7:06	7:00	
15	Wed	8:28	4.2	8:49	4.0	2:06	-0.1	2:30	-0.3	7:04	7:02	
16	Thu	9:07	4.1	9:26	4.1	2:49	-0.2	3:09	-0.3	7:02	7:03	
17	Fri	9:45	4.0	10:02	4.0	3:29	-0.2	3:44	-0.2	7:01	7:04	
18	Sat	10:22	3.9	10:37	4.0	4:07	-0.1	4:17	-0.1	6:59	7:05	
19	Sun	11:00	3.7	11:12	3.9	4:43	0.0	4:49	0.0	6:57	7:06	
20	Mon	11:39	3.5	11:47	3.7	5:18	0.2	5:19	0.2	6:56	7:07	
21	Tue			12:21	3.3	5:54	0.4	5:51	0.4	6:54	7:08	
22	Wed	12:25	3.6	1:07	3.1	6:35	0.6	6:27	0.6	6:52	7:09	
23	Thu	1:08	3.6	1:56	3.0	7:28	0.7	7:17	0.7	6:51	7:10	
24	Fri	1:58	3.6	2:49	3.0	8:39	0.8	8:30	0.8	6:49	7:11	
25	Sat	2:54	3.6	3:48	3.1	9:49	0.7	9:46	0.7	6:47	7:12	
26	Sun	3:58	3.7	4:52	3.3	10:49	0.4	10:52	0.5	6:46	7:13	
27	Mon	5:07	3.9	5:54	3.6	11:42	0.1	11:49	0.1	6:44	7:14	
28	Tue	6:10	4.2	6:49	4.0			12:32	-0.2	6:42	7:15	
29	Wed	7:05	4.4	7:38	4.4	12:44	-0.2	1:20	-0.5	6:41	7:16	
30	Thu	7:56	4.7	8:25	4.8	1:37	-0.5	2:08	-0.7	6:39	7:17	
31	Fri	8:44	4.8	9:12	5.0	2:30	-0.8	2:56	-0.8	6:38	7:18	