US HARBORS www.USHarbors.com

Long Beach (inside), NY - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**3:54**	4.2	**4:15**	3.6	**10:16**	-0.1	**10:26**	-0.4	7:18	4:38	
2	Tue	**4:57**	4.5	**5:21**	3.7	**11:15**	-0.4	**11:21**	-0.5	7:18	4:39	
3	Wed	**5:55**	4.7	**6:20**	3.8			**12:11**	-0.6	7:18	4:40	
4	Thu	**6:48**	4.9	**7:15**	3.9	**12:16**	-0.7	**1:06**	-0.8	7:18	4:41	
5	Fri	**7:40**	5.0	**8:08**	4.0	**1:11**	-0.7	**1:59**	-0.9	7:18	4:42	
6	Sat	**8:30**	4.9	**9:01**	4.0	**2:05**	-0.7	**2:50**	-0.9	7:18	4:43	
7	Sun	**9:21**	4.7	**9:54**	3.9	**2:57**	-0.6	**3:37**	-0.9	7:17	4:44	
8	Mon	**10:13**	4.5	**10:48**	3.8	**3:46**	-0.4	**4:22**	-0.7	7:17	4:45	
9	Tue	**11:05**	4.2	**11:41**	3.6	**4:34**	-0.2	**5:08**	-0.5	7:17	4:46	
10	Wed	**11:57**	3.9			**5:24**	0.1	**5:55**	-0.2	7:17	4:47	
11	Thu	**12:33**	3.6	**12:47**	3.6	**6:19**	0.4	**6:45**	0.0	7:17	4:48	
12	Fri	**1:22**	3.5	**1:36**	3.3	**7:20**	0.5	**7:37**	0.2	7:16	4:49	
13	Sat	**2:09**	3.5	**2:25**	3.1	**8:23**	0.6	**8:30**	0.3	7:16	4:50	
14	Sun	**2:58**	3.4	**3:18**	3.0	**9:21**	0.5	**9:20**	0.3	7:16	4:51	
15	Mon	**3:50**	3.5	**4:15**	3.0	**10:13**	0.4	**10:08**	0.3	7:15	4:52	
16	Tue	**4:43**	3.6	**5:10**	3.0	**11:01**	0.3	**10:54**	0.2	7:15	4:53	
17	Wed	**5:32**	3.7	**6:00**	3.1	**11:47**	0.1	**11:38**	0.1	7:14	4:54	
18	Thu	**6:16**	3.9	**6:45**	3.2			**12:32**	-0.1	7:14	4:56	
19	Fri	**6:56**	4.0	**7:26**	3.3	**12:23**	0.0	**1:16**	-0.2	7:13	4:57	
20	Sat	**7:33**	4.1	**8:05**	3.4	**1:07**	-0.1	**1:58**	-0.3	7:13	4:58	
21	Sun	**8:09**	4.2	**8:43**	3.4	**1:50**	-0.1	**2:38**	-0.4	7:12	4:59	
22	Mon	**8:45**	4.2	**9:22**	3.4	**2:31**	-0.2	**3:16**	-0.4	7:11	5:00	
23	Tue	**9:23**	4.1	**10:03**	3.5	**3:12**	-0.2	**3:52**	-0.4	7:11	5:02	
24	Wed	**10:05**	4.0	**10:49**	3.5	**3:52**	-0.2	**4:28**	-0.4	7:10	5:03	
25	Thu	**10:53**	3.9	**11:39**	3.6	**4:35**	-0.1	**5:07**	-0.3	7:09	5:04	
26	Fri	**11:47**	3.7			**5:24**	0.0	**5:53**	-0.2	7:08	5:05	
27	Sat	**12:33**	3.7	**12:44**	3.5	**6:27**	0.1	**6:51**	-0.1	7:07	5:06	
28	Sun	**1:28**	3.9	**1:43**	3.4	**7:41**	0.2	**7:58**	-0.1	7:07	5:08	
29	Mon	**2:27**	4.0	**2:48**	3.3	**8:54**	0.1	**9:05**	-0.1	7:06	5:09	
30	Tue	**3:31**	4.1	**3:58**	3.3	**10:01**	-0.1	**10:08**	-0.3	7:05	5:10	
31	Wed	**4:38**	4.2	**5:08**	3.4	**11:01**	-0.3	**11:07**	-0.4	7:04	5:11	