US HARBORS www.USHarbors.com

Long Beach (inside), NY - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**4:23**	4.1	**4:57**	3.4	**10:46**	-0.2	**10:57**	-0.2	6:27	5:46	
2	Fri	**5:27**	4.2	**5:57**	3.7	**11:40**	-0.4	**11:53**	-0.3	6:25	5:47	
3	Sat	**6:22**	4.4	**6:49**	3.9			**12:31**	-0.6	6:23	5:48	
4	Sun	**7:10**	4.5	**7:36**	4.1	**12:45**	-0.4	**1:19**	-0.7	6:22	5:49	
5	Mon	**7:55**	4.5	**8:19**	4.2	**1:35**	-0.5	**2:03**	-0.7	6:20	5:50	
6	Tue	**8:38**	4.4	**9:01**	4.2	**2:21**	-0.5	**2:44**	-0.6	6:19	5:51	
7	Wed	**9:20**	4.2	**9:43**	4.1	**3:04**	-0.4	**3:21**	-0.5	6:17	5:53	
8	Thu	**10:03**	3.9	**10:24**	3.9	**3:44**	-0.3	**3:57**	-0.3	6:16	5:54	
9	Fri	**10:46**	3.7	**11:06**	3.8	**4:23**	-0.1	**4:31**	0.0	6:14	5:55	
10	Sat	**11:32**	3.4	**11:49**	3.6	**5:03**	0.2	**5:05**	0.2	6:12	5:56	
11	Sun			**1:19**	3.2	**6:47**	0.5	**6:44**	0.5	7:11	6:57	
12	Mon	**1:33**	3.5	**2:08**	3.0	**7:42**	0.7	**7:33**	0.7	7:09	6:58	
13	Tue	**2:20**	3.4	**2:59**	2.9	**8:47**	0.8	**8:39**	0.8	7:08	6:59	
14	Wed	**3:10**	3.3	**3:55**	2.9	**9:53**	0.8	**9:47**	0.8	7:06	7:00	
15	Thu	**4:07**	3.4	**4:56**	3.0	**10:51**	0.6	**10:47**	0.7	7:04	7:01	
16	Fri	**5:10**	3.5	**5:55**	3.2	**11:41**	0.4	**11:41**	0.5	7:03	7:02	
17	Sat	**6:08**	3.7	**6:46**	3.4			**12:28**	0.2	7:01	7:03	
18	Sun	**6:57**	4.0	**7:30**	3.7	**12:30**	0.2	**1:12**	-0.1	6:59	7:04	
19	Mon	**7:41**	4.2	**8:10**	4.0	**1:18**	-0.1	**1:55**	-0.3	6:58	7:06	
20	Tue	**8:22**	4.4	**8:50**	4.3	**2:06**	-0.3	**2:37**	-0.5	6:56	7:07	
21	Wed	**9:04**	4.4	**9:31**	4.5	**2:53**	-0.5	**3:19**	-0.6	6:54	7:08	
22	Thu	**9:47**	4.4	**10:14**	4.6	**3:39**	-0.6	**4:00**	-0.6	6:53	7:09	
23	Fri	**10:34**	4.3	**11:02**	4.6	**4:25**	-0.6	**4:41**	-0.5	6:51	7:10	
24	Sat	**11:25**	4.1	**11:55**	4.5	**5:12**	-0.5	**5:24**	-0.4	6:49	7:11	
25	Sun			**12:22**	3.8	**6:03**	-0.3	**6:12**	-0.1	6:48	7:12	
26	Mon	**12:53**	4.4	**1:24**	3.7	**7:02**	-0.1	**7:11**	0.1	6:46	7:13	
27	Tue	**1:53**	4.3	**2:26**	3.5	**8:11**	0.1	**8:24**	0.3	6:44	7:14	
28	Wed	**2:55**	4.1	**3:30**	3.5	**9:23**	0.2	**9:39**	0.4	6:43	7:15	
29	Thu	**3:59**	4.0	**4:37**	3.5	**10:29**	0.1	**10:46**	0.3	6:41	7:16	
30	Fri	**5:06**	4.0	**5:43**	3.7	**11:28**	0.0	**11:46**	0.1	6:40	7:17	
31	Sat	**6:09**	4.1	**6:41**	3.9			**12:19**	-0.2	6:38	7:18	