














Montauk Harbor, NY - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:06	1.9	2:41	2.1	8:50	0.3	9:29	0.5	5:19	8:24	
2	Wed	2:58	1.8	3:34	2.1	9:37	0.4	10:28	0.6	5:19	8:23	
3	Thu	3:56	1.6	4:29	2.1	10:23	0.6	11:26	0.5	5:20	8:23	
4	Fri	4:56	1.5	5:22	2.2	11:11	0.6			5:21	8:23	
5	Sat	5:53	1.5	6:12	2.2	12:18	0.5	11:59 AM	0.7	5:21	8:23	
6	Sun	6:43	1.5	6:58	2.2	1:07	0.5	12:46	0.7	5:22	8:22	
7	Mon	7:30	1.6	7:42	2.3	1:52	0.4	1:34	0.7	5:22	8:22	
8	Tue	8:15	1.7	8:26	2.3	2:35	0.3	2:21	0.6	5:23	8:22	
9	Wed	8:58	1.7	9:09	2.3	3:15	0.3	3:05	0.6	5:24	8:21	
10	Thu	9:40	1.8	9:50	2.3	3:54	0.2	3:48	0.5	5:24	8:21	
11	Fri	10:22	1.8	10:29	2.3	4:33	0.1	4:30	0.4	5:25	8:21	
12	Sat	11:04	1.9	11:09	2.3	5:13	0.1	5:14	0.4	5:26	8:20	
13	Sun	11:48	2.0	11:50	2.3	5:55	0.1	6:03	0.4	5:27	8:19	
14	Mon			12:34	2.0	6:38	0.1	6:57	0.4	5:27	8:19	
15	Tue	12:35	2.2	1:21	2.1	7:24	0.1	7:55	0.4	5:28	8:18	
16	Wed	1:22	2.1	2:09	2.2	8:11	0.2	8:54	0.4	5:29	8:18	
17	Thu	2:13	2.0	3:01	2.3	8:59	0.2	9:55	0.3	5:30	8:17	
18	Fri	3:10	1.8	3:59	2.4	9:51	0.3	10:57	0.3	5:31	8:16	
19	Sat	4:16	1.7	5:00	2.5	10:48	0.3	11:58	0.2	5:32	8:16	
20	Sun	5:23	1.7	6:00	2.5	11:48	0.3			5:32	8:15	
21	Mon	6:24	1.7	6:55	2.5	12:57	0.1	12:48	0.3	5:33	8:14	
22	Tue	7:19	1.8	7:49	2.6	1:53	0.1	1:48	0.3	5:34	8:13	
23	Wed	8:12	1.9	8:41	2.6	2:47	0.0	2:46	0.2	5:35	8:12	
24	Thu	9:04	2.0	9:31	2.5	3:37	0.0	3:39	0.2	5:36	8:12	
25	Fri	9:54	2.0	10:19	2.4	4:24	0.0	4:29	0.2	5:37	8:11	
26	Sat	10:44	2.1	11:05	2.3	5:08	0.0	5:18	0.3	5:38	8:10	
27	Sun	11:33	2.1	11:53	2.2	5:52	0.1	6:09	0.3	5:39	8:09	
28	Mon			12:23	2.2	6:37	0.2	7:02	0.4	5:40	8:08	
29	Tue	12:41	2.0	1:13	2.2	7:21	0.3	7:57	0.5	5:41	8:07	
30	Wed	1:30	1.9	2:01	2.2	8:05	0.4	8:52	0.5	5:42	8:06	
31	Thu	2:20	1.7	2:51	2.2	8:49	0.6	9:47	0.6	5:43	8:05	