US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 1730

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**5:15**	5.0	**5:55**	4.7	**11:57**	0.4			6:33	5:50	
2	Thu	**6:04**	5.3	**6:40**	5.1	**12:02**	0.5	**12:42**	0.1	6:31	5:51	
3	Fri	**6:48**	5.6	**7:21**	5.4	**12:49**	0.2	**1:24**	-0.1	6:30	5:52	
4	Sat	**7:29**	5.8	**7:59**	5.7	**1:34**	0.0	**2:04**	-0.3	6:28	5:54	
5	Sun	**8:08**	5.8	**8:36**	6.0	**2:17**	-0.2	**2:42**	-0.4	6:27	5:55	
6	Mon	**8:48**	5.8	**9:14**	6.1	**3:00**	-0.4	**3:19**	-0.3	6:25	5:56	
7	Tue	**9:29**	5.6	**9:55**	6.2	**3:43**	-0.4	**3:57**	-0.2	6:23	5:57	
8	Wed	**10:15**	5.4	**10:41**	6.1	**4:27**	-0.3	**4:36**	-0.1	6:22	5:58	
9	Thu	**11:06**	5.2	**11:34**	5.9	**5:14**	-0.1	**5:19**	0.2	6:20	5:59	
10	Fri			**12:04**	4.9	**6:07**	0.2	**6:13**	0.4	6:19	6:00	
11	Sat	**12:34**	5.7	**1:07**	4.8	**7:11**	0.5	**7:21**	0.6	6:17	6:01	
12	Sun	**1:38**	5.6	**2:13**	4.7	**8:25**	0.6	**8:38**	0.7	6:15	6:02	
13	Mon	**2:44**	5.5	**3:20**	4.8	**9:36**	0.4	**9:50**	0.5	6:14	6:03	
14	Tue	**3:50**	5.6	**4:25**	5.1	**10:38**	0.1	**10:53**	0.2	6:12	6:04	
15	Wed	**4:53**	5.8	**5:26**	5.5	**11:33**	-0.2	**11:49**	0.0	6:10	6:05	
16	Thu	**5:51**	6.0	**6:20**	5.9			**12:22**	-0.5	6:09	6:06	
17	Fri	**6:42**	6.1	**7:07**	6.2	**12:41**	-0.3	**1:08**	-0.7	6:07	6:08	
18	Sat	**7:28**	6.2	**7:50**	6.4	**1:29**	-0.4	**1:51**	-0.7	6:05	6:09	
19	Sun	**8:12**	6.1	**8:31**	6.4	**2:14**	-0.5	**2:31**	-0.6	6:04	6:10	
20	Mon	**8:53**	5.9	**9:09**	6.3	**2:57**	-0.4	**3:10**	-0.4	6:02	6:11	
21	Tue	**9:34**	5.6	**9:48**	6.1	**3:38**	-0.3	**3:47**	-0.1	6:01	6:12	
22	Wed	**10:16**	5.2	**10:26**	5.8	**4:17**	0.0	**4:23**	0.2	5:59	6:13	
23	Thu	**10:59**	4.9	**11:07**	5.4	**4:55**	0.3	**5:00**	0.6	5:57	6:14	
24	Fri	**11:46**	4.6	**11:52**	5.1	**5:36**	0.7	**5:39**	0.9	5:56	6:15	
25	Sat			**12:37**	4.4	**6:22**	1.0	**6:25**	1.2	5:54	6:16	
26	Sun	**12:42**	4.9	**1:32**	4.2	**7:20**	1.3	**7:26**	1.4	5:52	6:17	
27	Mon	**1:37**	4.7	**2:29**	4.2	**8:28**	1.3	**8:36**	1.5	5:51	6:18	
28	Tue	**2:35**	4.7	**3:27**	4.4	**9:34**	1.2	**9:42**	1.3	5:49	6:19	
29	Wed	**3:34**	4.8	**4:24**	4.6	**10:30**	0.9	**10:40**	1.0	5:47	6:20	
30	Thu	**4:32**	5.0	**5:16**	5.0	**11:19**	0.5	**11:32**	0.7	5:46	6:21	
31	Fri	**5:25**	5.3	**6:04**	5.5			**12:04**	0.2	5:44	6:22	