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# Rockaway Beach (inside), NY - Jul 2016

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | **5:47** | 5.6 | **6:15** | 6.7 | **12:01** | 0.1 | **12:11** | -0.2 | 5:28 | 8:29 | |
| 2 | Sat | **6:48** | 5.7 | **7:11** | 6.9 | **12:58** | -0.1 | **1:05** | -0.3 | 5:29 | 8:29 | |
| 3 | Sun | **7:44** | 5.9 | **8:03** | 6.9 | **1:52** | -0.3 | **1:58** | -0.3 | 5:29 | 8:29 | |
| 4 | Mon | **8:37** | 6.0 | **8:53** | 6.9 | **2:45** | -0.4 | **2:50** | -0.3 | 5:30 | 8:29 | |
| 5 | Tue | **9:27** | 6.0 | **9:40** | 6.8 | **3:35** | -0.5 | **3:39** | -0.1 | 5:30 | 8:29 | |
| 6 | Wed | **10:16** | 5.9 | **10:27** | 6.5 | **4:22** | -0.4 | **4:27** | 0.0 | 5:31 | 8:28 | |
| 7 | Thu | **11:04** | 5.8 | **11:13** | 6.2 | **5:07** | -0.3 | **5:12** | 0.3 | 5:32 | 8:28 | |
| 8 | Fri | **11:53** | 5.6 | **11:59** | 5.9 | **5:49** | -0.1 | **5:57** | 0.5 | 5:32 | 8:28 | |
| 9 | Sat | | | **12:41** | 5.5 | **6:31** | 0.2 | **6:42** | 0.8 | 5:33 | 8:27 | |
| 10 | Sun | **12:47** | 5.5 | **1:29** | 5.4 | **7:13** | 0.4 | **7:31** | 1.0 | 5:34 | 8:27 | |
| 11 | Mon | **1:35** | 5.2 | **2:17** | 5.4 | **7:58** | 0.6 | **8:24** | 1.2 | 5:34 | 8:26 | |
| 12 | Tue | **2:23** | 5.0 | **3:04** | 5.4 | **8:47** | 0.8 | **9:21** | 1.3 | 5:35 | 8:26 | |
| 13 | Wed | **3:13** | 4.8 | **3:51** | 5.5 | **9:39** | 0.9 | **10:19** | 1.2 | 5:36 | 8:25 | |
| 14 | Thu | **4:04** | 4.7 | **4:40** | 5.5 | **10:33** | 0.9 | **11:15** | 1.0 | 5:37 | 8:25 | |
| 15 | Fri | **4:58** | 4.7 | **5:31** | 5.7 | **11:24** | 0.8 | | | 5:37 | 8:24 | |
| 16 | Sat | **5:53** | 4.8 | **6:20** | 5.8 | **12:07** | 0.8 | **12:13** | 0.7 | 5:38 | 8:24 | |
| 17 | Sun | **6:46** | 5.0 | **7:08** | 6.0 | **12:56** | 0.5 | **1:01** | 0.6 | 5:39 | 8:23 | |
| 18 | Mon | **7:35** | 5.2 | **7:53** | 6.3 | **1:45** | 0.3 | **1:49** | 0.5 | 5:40 | 8:22 | |
| 19 | Tue | **8:21** | 5.3 | **8:36** | 6.4 | **2:32** | 0.1 | **2:35** | 0.4 | 5:41 | 8:22 | |
| 20 | Wed | **9:04** | 5.5 | **9:19** | 6.5 | **3:18** | -0.1 | **3:21** | 0.3 | 5:42 | 8:21 | |
| 21 | Thu | **9:48** | 5.6 | **10:02** | 6.5 | **4:03** | -0.2 | **4:07** | 0.3 | 5:42 | 8:20 | |
| 22 | Fri | **10:33** | 5.8 | **10:48** | 6.4 | **4:46** | -0.3 | **4:53** | 0.2 | 5:43 | 8:19 | |
| 23 | Sat | **11:21** | 5.9 | **11:37** | 6.3 | **5:29** | -0.3 | **5:41** | 0.3 | 5:44 | 8:18 | |
| 24 | Sun | | | **12:13** | 6.0 | **6:14** | -0.2 | **6:31** | 0.4 | 5:45 | 8:18 | |
| 25 | Mon | **12:31** | 6.0 | **1:07** | 6.1 | **7:01** | -0.1 | **7:27** | 0.6 | 5:46 | 8:17 | |
| 26 | Tue | **1:28** | 5.8 | **2:03** | 6.2 | **7:53** | 0.0 | **8:31** | 0.7 | 5:47 | 8:16 | |
| 27 | Wed | **2:27** | 5.6 | **3:00** | 6.2 | **8:52** | 0.2 | **9:39** | 0.7 | 5:48 | 8:15 | |
| 28 | Thu | **3:27** | 5.5 | **3:58** | 6.3 | **9:54** | 0.2 | **10:45** | 0.5 | 5:49 | 8:14 | |
| 29 | Fri | **4:28** | 5.4 | **4:57** | 6.4 | **10:55** | 0.2 | **11:45** | 0.3 | 5:50 | 8:13 | |
| 30 | Sat | **5:30** | 5.5 | **5:56** | 6.5 | **11:53** | 0.1 | | | 5:51 | 8:12 | |
| 31 | Sun | **6:30** | 5.6 | **6:52** | 6.6 | **12:41** | 0.1 | **12:47** | 0.0 | 5:51 | 8:11 | |