
































Rockaway Beach (inside), NY - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:53	5.0	4:24	4.5	10:33	0.6	10:46	0.7	6:29	5:46	
2	Sat	4:50	5.1	5:20	4.7	11:25	0.5	11:36	0.5	6:27	5:47	
3	Sun	5:44	5.3	6:10	4.9			12:12	0.2	6:25	5:48	
4	Mon	6:31	5.4	6:55	5.2	12:23	0.4	12:56	0.0	6:24	5:49	
5	Tue	7:13	5.6	7:36	5.3	1:08	0.2	1:38	-0.1	6:22	5:50	
6	Wed	7:52	5.6	8:13	5.5	1:50	0.1	2:17	-0.2	6:21	5:51	
7	Thu	8:27	5.6	8:47	5.5	2:30	0.1	2:54	-0.2	6:19	5:52	
8	Fri	9:01	5.5	9:20	5.5	3:08	0.1	3:30	-0.1	6:18	5:54	
9	Sat	9:35	5.4	9:52	5.5	3:45	0.2	4:03	0.0	6:16	5:55	
10	Sun	11:11	5.2	11:27	5.5	5:20	0.3	5:35	0.2	7:14	6:56	
11	Mon	11:52	5.0			5:56	0.4	6:08	0.4	7:13	6:57	
12	Tue	12:09	5.5	12:43	4.8	6:37	0.5	6:47	0.6	7:11	6:58	
13	Wed	1:00	5.5	1:42	4.7	7:32	0.7	7:42	0.7	7:10	6:59	
14	Thu	2:00	5.5	2:46	4.6	8:46	0.8	8:58	0.8	7:08	7:00	
15	Fri	3:05	5.5	3:53	4.7	10:05	0.7	10:16	0.6	7:06	7:01	
16	Sat	4:13	5.6	5:00	5.0	11:14	0.4	11:24	0.3	7:05	7:02	
17	Sun	5:21	5.9	6:04	5.4			12:14	0.0	7:03	7:03	
18	Mon	6:25	6.2	7:03	5.9	12:25	-0.1	1:09	-0.4	7:01	7:04	
19	Tue	7:23	6.5	7:56	6.4	1:22	-0.5	2:00	-0.8	7:00	7:05	
20	Wed	8:15	6.7	8:46	6.7	2:15	-0.8	2:49	-1.0	6:58	7:06	
21	Thu	9:04	6.7	9:33	6.8	3:07	-1.0	3:36	-1.1	6:56	7:08	
22	Fri	9:52	6.6	10:19	6.8	3:56	-1.0	4:20	-1.0	6:55	7:09	
23	Sat	10:39	6.3	11:05	6.6	4:43	-0.9	5:04	-0.7	6:53	7:10	
24	Sun	11:27	5.9	11:52	6.3	5:29	-0.6	5:46	-0.3	6:51	7:11	
25	Mon			12:16	5.5	6:15	-0.2	6:29	0.2	6:50	7:12	
26	Tue	12:41	5.9	1:08	5.1	7:03	0.2	7:15	0.6	6:48	7:13	
27	Wed	1:31	5.5	2:02	4.8	7:55	0.6	8:09	1.0	6:47	7:14	
28	Thu	2:24	5.2	2:57	4.6	8:55	0.9	9:11	1.2	6:45	7:15	
29	Fri	3:20	5.0	3:54	4.5	9:59	1.0	10:15	1.2	6:43	7:16	
30	Sat	4:17	4.9	4:51	4.6	10:58	0.9	11:14	1.1	6:42	7:17	
31	Sun	5:14	5.0	5:47	4.8	11:51	0.7			6:40	7:18	