US HARBORS www.USHarbors.com

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	