US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:37**	5.3	**7:51**	6.7	**1:47**	0.1	**1:49**	0.2	5:28	8:30	
2	Tue	**8:28**	5.5	**8:40**	6.9	**2:39**	-0.2	**2:40**	0.0	5:28	8:29	
3	Wed	**9:18**	5.7	**9:30**	7.0	**3:30**	-0.3	**3:32**	-0.1	5:29	8:29	
4	Thu	**10:09**	5.8	**10:20**	6.9	**4:20**	-0.5	**4:23**	-0.1	5:29	8:29	
5	Fri	**11:02**	5.8	**11:13**	6.8	**5:09**	-0.5	**5:14**	-0.1	5:30	8:29	
6	Sat	**11:56**	5.9			**5:58**	-0.5	**6:07**	0.0	5:31	8:29	
7	Sun	**12:07**	6.5	**12:53**	6.0	**6:48**	-0.4	**7:02**	0.3	5:31	8:28	
8	Mon	**1:04**	6.2	**1:48**	6.0	**7:39**	-0.2	**8:01**	0.5	5:32	8:28	
9	Tue	**2:00**	5.9	**2:43**	6.1	**8:34**	0.0	**9:04**	0.6	5:32	8:28	
10	Wed	**2:56**	5.7	**3:37**	6.2	**9:31**	0.1	**10:07**	0.6	5:33	8:27	
11	Thu	**3:52**	5.4	**4:31**	6.2	**10:27**	0.2	**11:07**	0.5	5:34	8:27	
12	Fri	**4:50**	5.3	**5:25**	6.2	**11:20**	0.3			5:35	8:26	
13	Sat	**5:48**	5.2	**6:18**	6.3	**12:02**	0.4	**12:11**	0.3	5:35	8:26	
14	Sun	**6:43**	5.2	**7:09**	6.3	**12:53**	0.3	**1:00**	0.3	5:36	8:25	
15	Mon	**7:35**	5.3	**7:56**	6.3	**1:42**	0.2	**1:47**	0.4	5:37	8:25	
16	Tue	**8:23**	5.3	**8:41**	6.3	**2:30**	0.1	**2:33**	0.5	5:38	8:24	
17	Wed	**9:08**	5.3	**9:22**	6.2	**3:15**	0.1	**3:17**	0.5	5:38	8:23	
18	Thu	**9:50**	5.3	**10:03**	6.0	**3:57**	0.1	**4:00**	0.7	5:39	8:23	
19	Fri	**10:32**	5.2	**10:41**	5.8	**4:38**	0.2	**4:41**	0.8	5:40	8:22	
20	Sat	**11:14**	5.1	**11:20**	5.6	**5:16**	0.3	**5:20**	1.0	5:41	8:21	
21	Sun	**11:55**	5.1	**11:59**	5.3	**5:54**	0.4	**5:59**	1.2	5:42	8:21	
22	Mon			**12:38**	5.0	**6:30**	0.6	**6:39**	1.3	5:43	8:20	
23	Tue	**12:41**	5.1	**1:21**	5.1	**7:09**	0.7	**7:24**	1.4	5:43	8:19	
24	Wed	**1:28**	5.0	**2:05**	5.2	**7:51**	0.8	**8:20**	1.5	5:44	8:18	
25	Thu	**2:18**	4.9	**2:52**	5.4	**8:42**	0.9	**9:26**	1.4	5:45	8:17	
26	Fri	**3:14**	4.8	**3:43**	5.6	**9:40**	0.9	**10:32**	1.2	5:46	8:16	
27	Sat	**4:13**	4.8	**4:38**	5.9	**10:39**	0.8	**11:33**	0.8	5:47	8:16	
28	Sun	**5:14**	4.9	**5:36**	6.2	**11:36**	0.6			5:48	8:15	
29	Mon	**6:15**	5.1	**6:34**	6.5	**12:30**	0.5	**12:31**	0.3	5:49	8:14	
30	Tue	**7:13**	5.4	**7:30**	6.8	**1:24**	0.1	**1:26**	0.1	5:50	8:13	
31	Wed	**8:07**	5.7	**8:23**	7.1	**2:18**	-0.2	**2:20**	-0.2	5:51	8:12	