US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:09	4.7	5:55	0.9	6:33	0.5	7:18	4:38	
2	Thu	12:46	4.4	12:58	4.5	6:46	1.1	7:23	0.6	7:18	4:39	
3	Fri	1:34	4.5	1:49	4.4	7:48	1.2	8:17	0.7	7:18	4:40	
4	Sat	2:23	4.6	2:43	4.3	8:52	1.1	9:13	0.6	7:18	4:41	
5	Sun	3:13	4.8	3:39	4.3	9:53	0.9	10:06	0.5	7:18	4:42	
6	Mon	4:04	5.0	4:35	4.4	10:48	0.6	10:56	0.3	7:18	4:43	
7	Tue	4:55	5.3	5:30	4.6	11:39	0.2	11:45	0.1	7:18	4:44	
8	Wed	5:46	5.7	6:21	4.9			12:29	-0.1	7:18	4:44	
9	Thu	6:34	6.0	7:09	5.1	12:33	-0.2	1:18	-0.4	7:18	4:45	
10	Fri	7:21	6.3	7:55	5.3	1:20	-0.4	2:07	-0.6	7:18	4:46	
11	Sat	8:07	6.5	8:41	5.4	2:08	-0.6	2:54	-0.7	7:18	4:48	
12	Sun	8:54	6.5	9:29	5.5	2:56	-0.6	3:41	-0.8	7:17	4:49	
13	Mon	9:42	6.4	10:20	5.5	3:44	-0.6	4:27	-0.8	7:17	4:50	
14	Tue	10:33	6.2	11:14	5.5	4:33	-0.5	5:14	-0.6	7:17	4:51	
15	Wed	11:28	5.8			5:25	-0.3	6:03	-0.5	7:16	4:52	
16	Thu	12:10	5.5	12:25	5.5	6:22	0.0	6:57	-0.3	7:16	4:53	
17	Fri	1:07	5.5	1:23	5.2	7:25	0.2	7:56	-0.1	7:15	4:54	
18	Sat	2:04	5.5	2:23	5.0	8:33	0.3	8:58	0.0	7:15	4:55	
19	Sun	3:01	5.5	3:23	4.8	9:39	0.2	9:58	0.0	7:14	4:56	
20	Mon	3:59	5.6	4:25	4.8	10:39	0.1	10:53	0.0	7:14	4:58	
21	Tue	4:57	5.7	5:24	4.9	11:34	-0.1	11:45	-0.1	7:13	4:59	
22	Wed	5:51	5.8	6:18	5.0			12:25	-0.2	7:13	5:00	
23	Thu	6:42	5.9	7:07	5.1	12:34	-0.2	1:13	-0.4	7:12	5:01	
24	Fri	7:28	5.9	7:52	5.2	1:20	-0.2	1:58	-0.4	7:11	5:02	
25	Sat	8:10	5.9	8:34	5.2	2:05	-0.2	2:41	-0.4	7:11	5:03	
26	Sun	8:50	5.8	9:14	5.1	2:47	-0.1	3:21	-0.3	7:10	5:05	
27	Mon	9:29	5.6	9:54	5.0	3:27	0.0	3:59	-0.2	7:09	5:06	
28	Tue	10:07	5.3	10:34	4.9	4:05	0.2	4:35	-0.1	7:08	5:07	
29	Wed	10:46	5.0	11:15	4.8	4:42	0.4	5:11	0.1	7:07	5:08	
30	Thu	11:26	4.7	11:56	4.7	5:20	0.7	5:47	0.3	7:06	5:10	
31	Fri			12:10	4.5	6:02	0.9	6:27	0.6	7:06	5:11	