US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:18	4.4	6:07	0.9	6:18	0.9	6:27	5:47	
2	Mon	12:34	5.0	1:15	4.3	7:05	1.0	7:16	1.0	6:26	5:48	
3	Tue	1:30	5.0	2:17	4.3	8:23	1.0	8:33	1.0	6:24	5:49	
4	Wed	2:33	5.1	3:23	4.4	9:38	0.8	9:45	0.8	6:23	5:50	
5	Thu	3:40	5.4	4:28	4.7	10:42	0.5	10:48	0.4	6:21	5:51	
6	Fri	4:45	5.7	5:29	5.1	11:39	0.1	11:46	0.0	6:20	5:52	
7	Sat	5:46	6.1	6:24	5.6			12:32	-0.4	6:18	5:53	
8	Sun	7:42	6.5	8:15	6.1	12:40	-0.5	2:22	-0.7	7:16	6:54	
9	Mon	8:33	6.7	9:04	6.5	2:33	-0.8	3:09	-1.0	7:15	6:55	
10	Tue	9:21	6.8	9:51	6.7	3:25	-1.0	3:56	-1.1	7:13	6:57	
11	Wed	10:09	6.6	10:39	6.8	4:15	-1.1	4:41	-1.1	7:12	6:58	
12	Thu	10:59	6.3	11:28	6.6	5:04	-1.0	5:26	-0.8	7:10	6:59	
13	Fri	11:50	5.9			5:53	-0.7	6:11	-0.5	7:08	7:00	
14	Sat	12:19	6.3	12:44	5.5	6:43	-0.3	7:00	0.0	7:07	7:01	
15	Sun	1:13	6.0	1:41	5.1	7:38	0.1	7:54	0.4	7:05	7:02	
16	Mon	2:08	5.7	2:39	4.8	8:40	0.5	8:57	0.8	7:03	7:03	
17	Tue	3:06	5.4	3:39	4.7	9:47	0.7	10:04	0.9	7:02	7:04	
18	Wed	4:05	5.2	4:39	4.7	10:51	0.7	11:06	0.9	7:00	7:05	
19	Thu	5:06	5.2	5:39	4.8	11:48	0.5			6:58	7:06	
20	Fri	6:04	5.3	6:34	5.0	12:02	0.7	12:37	0.4	6:57	7:07	
21	Sat	6:56	5.4	7:22	5.3	12:51	0.5	1:22	0.2	6:55	7:08	
22	Sun	7:42	5.6	8:05	5.6	1:37	0.3	2:04	0.0	6:54	7:09	
23	Mon	8:24	5.6	8:44	5.7	2:21	0.2	2:44	-0.1	6:52	7:10	
24	Tue	9:02	5.6	9:20	5.8	3:02	0.1	3:21	-0.1	6:50	7:11	
25	Wed	9:37	5.5	9:54	5.8	3:41	0.1	3:57	0.0	6:49	7:13	
26	Thu	10:12	5.4	10:25	5.7	4:19	0.2	4:31	0.1	6:47	7:14	
27	Fri	10:46	5.2	10:55	5.6	4:54	0.3	5:04	0.4	6:45	7:15	
28	Sat	11:21	4.9	11:28	5.5	5:29	0.4	5:34	0.6	6:44	7:16	
29	Sun			12:01	4.7	6:03	0.6	6:06	0.8	6:42	7:17	
30	Mon	12:06	5.5	12:50	4.6	6:42	0.8	6:43	1.0	6:40	7:18	
31	Tue	12:56	5.4	1:48	4.5	7:36	0.9	7:37	1.1	6:39	7:19	