






























Rockaway Beach (inside), NY - Jun 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:28	5.7	5:12	6.3	11:11	0.0	11:44	0.2	5:26	8:20	
2	Tue	5:29	5.7	6:08	6.6			12:05	-0.2	5:25	8:20	
3	Wed	6:29	5.8	7:02	6.9	12:41	-0.1	12:56	-0.3	5:25	8:21	
4	Thu	7:26	5.8	7:54	7.0	1:35	-0.3	1:47	-0.3	5:25	8:22	
5	Fri	8:19	5.9	8:43	7.0	2:28	-0.5	2:37	-0.2	5:24	8:22	
6	Sat	9:10	5.8	9:30	6.9	3:19	-0.5	3:26	-0.1	5:24	8:23	
7	Sun	10:00	5.7	10:18	6.6	4:08	-0.4	4:14	0.1	5:24	8:24	
8	Mon	10:50	5.5	11:05	6.3	4:56	-0.3	5:01	0.4	5:24	8:24	
9	Tue	11:40	5.3	11:55	6.0	5:42	0.0	5:46	0.7	5:24	8:25	
10	Wed			12:32	5.1	6:27	0.2	6:33	1.0	5:24	8:25	
11	Thu	12:45	5.6	1:23	5.0	7:13	0.5	7:22	1.2	5:23	8:26	
12	Fri	1:35	5.4	2:14	5.0	8:02	0.6	8:17	1.4	5:23	8:26	
13	Sat	2:25	5.1	3:03	5.1	8:52	0.7	9:17	1.5	5:23	8:27	
14	Sun	3:15	5.0	3:51	5.2	9:44	0.8	10:16	1.4	5:23	8:27	
15	Mon	4:05	4.8	4:39	5.4	10:34	0.7	11:11	1.2	5:23	8:27	
16	Tue	4:57	4.8	5:27	5.6	11:21	0.6			5:23	8:28	
17	Wed	5:50	4.8	6:14	5.8	12:02	1.0	12:08	0.6	5:24	8:28	
18	Thu	6:42	4.9	6:59	6.0	12:50	0.7	12:53	0.5	5:24	8:28	
19	Fri	7:30	5.0	7:41	6.1	1:37	0.5	1:38	0.5	5:24	8:29	
20	Sat	8:16	5.1	8:23	6.3	2:24	0.3	2:23	0.5	5:24	8:29	
21	Sun	9:00	5.2	9:04	6.4	3:11	0.2	3:08	0.5	5:24	8:29	
22	Mon	9:43	5.2	9:46	6.4	3:56	0.1	3:53	0.5	5:25	8:29	
23	Tue	10:28	5.2	10:31	6.4	4:42	0.0	4:38	0.5	5:25	8:30	
24	Wed	11:17	5.2	11:20	6.3	5:26	0.0	5:24	0.5	5:25	8:30	
25	Thu			12:09	5.3	6:12	0.0	6:14	0.5	5:25	8:30	
26	Fri	12:14	6.2	1:05	5.5	7:00	0.1	7:09	0.6	5:26	8:30	
27	Sat	1:11	6.0	2:00	5.7	7:51	0.1	8:11	0.7	5:26	8:30	
28	Sun	2:09	5.8	2:56	5.9	8:48	0.2	9:18	0.7	5:27	8:30	
29	Mon	3:07	5.6	3:51	6.2	9:46	0.1	10:24	0.6	5:27	8:30	
30	Tue	4:07	5.5	4:48	6.4	10:44	0.1	11:25	0.3	5:28	8:30	