















## Rockaway Beach (inside), NY - Jul 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:07	5.4	5:44	6.5	11:39	0.0			5:28	8:29	
2	Thu	6:08	5.5	6:40	6.7	12:22	0.1	12:32	0.0	5:29	8:29	
3	Fri	7:06	5.5	7:33	6.7	1:17	-0.1	1:24	0.0	5:29	8:29	
4	Sat	8:01	5.6	8:23	6.7	2:09	-0.2	2:15	0.1	5:30	8:29	
5	Sun	8:51	5.6	9:10	6.6	3:00	-0.2	3:05	0.2	5:30	8:29	
6	Mon	9:39	5.5	9:56	6.4	3:48	-0.2	3:52	0.3	5:31	8:28	
7	Tue	10:27	5.4	10:41	6.2	4:34	-0.1	4:37	0.5	5:32	8:28	
8	Wed	11:14	5.3	11:26	5.9	5:17	0.0	5:21	0.7	5:32	8:28	
9	Thu			12:01	5.2	5:58	0.2	6:04	0.9	5:33	8:27	
10	Fri	12:12	5.6	12:48	5.2	6:38	0.4	6:48	1.2	5:34	8:27	
11	Sat	12:58	5.3	1:35	5.2	7:20	0.6	7:37	1.4	5:34	8:26	
12	Sun	1:45	5.0	2:21	5.2	8:04	0.7	8:32	1.5	5:35	8:26	
13	Mon	2:32	4.8	3:06	5.3	8:53	0.8	9:31	1.5	5:36	8:25	
14	Tue	3:22	4.7	3:53	5.4	9:45	0.9	10:30	1.3	5:37	8:25	
15	Wed	4:15	4.6	4:41	5.5	10:38	0.9	11:26	1.1	5:37	8:24	
16	Thu	5:10	4.7	5:31	5.7	11:29	0.8			5:38	8:24	
17	Fri	6:05	4.8	6:21	5.9	12:18	0.8	12:19	0.7	5:39	8:23	
18	Sat	6:59	4.9	7:11	6.2	1:09	0.6	1:08	0.6	5:40	8:22	
19	Sun	7:49	5.1	7:58	6.4	1:58	0.3	1:57	0.4	5:41	8:22	
20	Mon	8:36	5.3	8:44	6.6	2:48	0.1	2:45	0.3	5:42	8:21	
21	Tue	9:23	5.5	9:30	6.7	3:35	-0.1	3:34	0.2	5:42	8:20	
22	Wed	10:10	5.6	10:17	6.7	4:22	-0.3	4:22	0.1	5:43	8:19	
23	Thu	10:58	5.8	11:06	6.6	5:07	-0.3	5:11	0.1	5:44	8:18	
24	Fri	11:50	5.9	11:59	6.3	5:51	-0.3	6:02	0.2	5:45	8:18	
25	Sat			12:44	6.0	6:37	-0.2	6:55	0.4	5:46	8:17	
26	Sun	12:54	6.0	1:38	6.1	7:26	-0.1	7:54	0.5	5:47	8:16	
27	Mon	1:51	5.7	2:33	6.2	8:20	0.1	8:59	0.6	5:48	8:15	
28	Tue	2:49	5.5	3:29	6.2	9:19	0.3	10:05	0.6	5:49	8:14	
29	Wed	3:48	5.3	4:25	6.3	10:20	0.3	11:07	0.5	5:50	8:13	
30	Thu	4:49	5.2	5:23	6.3	11:18	0.4			5:51	8:12	
31	Fri	5:50	5.2	6:20	6.4	12:05	0.4	12:13	0.3	5:52	8:11	