

































Rockaway Beach (inside), NY - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:16	5.3	3:42	4.7	9:56	0.5	10:06	0.2	7:18	4:38	
2	Mon	4:09	5.4	4:38	4.6	10:51	0.4	10:55	0.2	7:18	4:39	
3	Tue	5:01	5.5	5:32	4.7	11:40	0.2	11:42	0.1	7:18	4:40	
4	Wed	5:50	5.5	6:22	4.7			12:27	0.1	7:18	4:41	
5	Thu	6:37	5.6	7:08	4.8	12:27	0.1	1:12	0.0	7:18	4:42	
6	Fri	7:19	5.6	7:50	4.8	1:11	0.1	1:56	0.0	7:18	4:43	
7	Sat	7:59	5.6	8:30	4.8	1:54	0.1	2:37	0.0	7:18	4:44	
8	Sun	8:36	5.5	9:09	4.7	2:35	0.2	3:17	0.0	7:18	4:45	
9	Mon	9:10	5.4	9:48	4.6	3:14	0.3	3:55	0.1	7:18	4:46	
10	Tue	9:44	5.2	10:26	4.5	3:51	0.4	4:30	0.2	7:18	4:47	
11	Wed	10:18	5.1	11:06	4.4	4:27	0.6	5:04	0.3	7:18	4:48	
12	Thu	10:57	4.9	11:49	4.5	5:04	0.7	5:39	0.4	7:17	4:49	
13	Fri	11:44	4.7			5:46	0.8	6:16	0.5	7:17	4:50	
14	Sat	12:36	4.6	12:40	4.6	6:40	0.9	7:05	0.6	7:17	4:51	
15	Sun	1:28	4.8	1:41	4.4	7:51	0.9	8:09	0.7	7:16	4:52	
16	Mon	2:23	5.1	2:46	4.4	9:05	0.7	9:18	0.6	7:16	4:53	
17	Tue	3:23	5.3	3:52	4.5	10:13	0.4	10:22	0.3	7:15	4:54	
18	Wed	4:25	5.7	4:58	4.7	11:14	0.0	11:21	0.0	7:15	4:56	
19	Thu	5:27	6.0	5:59	5.0			12:12	-0.4	7:14	4:57	
20	Fri	6:26	6.4	6:55	5.3	12:17	-0.4	1:07	-0.7	7:14	4:58	
21	Sat	7:20	6.7	7:48	5.6	1:12	-0.7	1:59	-1.0	7:13	4:59	
22	Sun	8:11	6.8	8:39	5.8	2:05	-0.9	2:50	-1.1	7:12	5:00	
23	Mon	9:01	6.7	9:29	5.9	2:57	-0.9	3:38	-1.2	7:12	5:01	
24	Tue	9:50	6.5	10:20	5.8	3:47	-0.8	4:24	-1.1	7:11	5:03	
25	Wed	10:40	6.1	11:11	5.7	4:36	-0.6	5:09	-0.9	7:10	5:04	
26	Thu	11:31	5.7			5:26	-0.3	5:54	-0.5	7:10	5:05	
27	Fri	12:02	5.6	12:24	5.2	6:18	0.1	6:42	-0.2	7:09	5:06	
28	Sat	12:54	5.4	1:18	4.8	7:15	0.4	7:34	0.2	7:08	5:07	
29	Sun	1:45	5.2	2:13	4.5	8:18	0.7	8:30	0.5	7:07	5:09	
30	Mon	2:38	5.1	3:10	4.3	9:22	0.7	9:29	0.6	7:06	5:10	
31	Tue	3:32	5.0	4:08	4.3	10:21	0.7	10:24	0.6	7:05	5:11	