



























Rockaway Beach (inside), NY - Mar 2023

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 2:55 | 4.8 | 3:37 | 4.2 | 9:48 | 1.0 | 9:52 | 1.0 | 6:28 | 5:46 |  |
| 2 | Thu | 3:55 | 4.8 | 4:37 | 4.3 | 10:46 | 0.9 | 10:49 | 0.9 | 6:27 | 5:47 |  |
| 3 | Fri | 4:54 | 4.9 | 5:33 | 4.5 | 11:37 | 0.7 | 11:40 | 0.7 | 6:25 | 5:48 |  |
| 4 | Sat | 5:47 | 5.1 | 6:23 | 4.8 | | | 12:23 | 0.4 | 6:24 | 5:49 |  |
| 5 | Sun | 6:33 | 5.3 | 7:06 | 5.1 | 12:27 | 0.5 | 1:06 | 0.2 | 6:22 | 5:50 |  |
| 6 | Mon | 7:14 | 5.5 | 7:45 | 5.3 | 1:11 | 0.3 | 1:46 | 0.0 | 6:21 | 5:51 |  |
| 7 | Tue | 7:50 | 5.6 | 8:20 | 5.5 | 1:53 | 0.2 | 2:23 | -0.1 | 6:19 | 5:52 |  |
| 8 | Wed | 8:25 | 5.6 | 8:53 | 5.6 | 2:34 | 0.1 | 2:59 | -0.1 | 6:18 | 5:54 |  |
| 9 | Thu | 8:59 | 5.5 | 9:25 | 5.6 | 3:12 | 0.1 | 3:32 | 0.0 | 6:16 | 5:55 |  |
| 10 | Fri | 9:34 | 5.4 | 9:59 | 5.7 | 3:50 | 0.1 | 4:03 | 0.1 | 6:14 | 5:56 |  |
| 11 | Sat | 10:13 | 5.2 | 10:37 | 5.7 | 4:27 | 0.1 | 4:34 | 0.3 | 6:13 | 5:57 |  |
| 12 | Sun | 11:58 | 4.9 | | | 6:08 | 0.3 | 6:07 | 0.5 | 7:11 | 6:58 |  |
| 13 | Mon | 12:24 | 5.6 | 12:53 | 4.7 | 6:55 | 0.4 | 6:50 | 0.7 | 7:09 | 6:59 |  |
| 14 | Tue | 1:20 | 5.5 | 1:56 | 4.5 | 7:57 | 0.7 | 7:55 | 0.9 | 7:08 | 7:00 |  |
| 15 | Wed | 2:25 | 5.5 | 3:03 | 4.5 | 9:15 | 0.8 | 9:22 | 0.9 | 7:06 | 7:01 |  |
| 16 | Thu | 3:33 | 5.5 | 4:13 | 4.6 | 10:31 | 0.6 | 10:41 | 0.7 | 7:05 | 7:02 |  |
| 17 | Fri | 4:43 | 5.6 | 5:21 | 4.9 | 11:37 | 0.3 | 11:48 | 0.3 | 7:03 | 7:03 |  |
| 18 | Sat | 5:50 | 5.9 | 6:24 | 5.4 | | | 12:34 | -0.1 | 7:01 | 7:04 |  |
| 19 | Sun | 6:51 | 6.2 | 7:21 | 5.9 | 12:47 | -0.1 | 1:26 | -0.5 | 7:00 | 7:05 |  |
| 20 | Mon | 7:45 | 6.4 | 8:12 | 6.3 | 1:42 | -0.4 | 2:15 | -0.8 | 6:58 | 7:07 |  |
| 21 | Tue | 8:34 | 6.5 | 8:58 | 6.6 | 2:34 | -0.6 | 3:00 | -1.0 | 6:56 | 7:08 |  |
| 22 | Wed | 9:20 | 6.5 | 9:42 | 6.7 | 3:22 | -0.7 | 3:44 | -0.9 | 6:55 | 7:09 |  |
| 23 | Thu | 10:05 | 6.2 | 10:25 | 6.6 | 4:09 | -0.7 | 4:25 | -0.7 | 6:53 | 7:10 |  |
| 24 | Fri | 10:50 | 5.9 | 11:07 | 6.3 | 4:53 | -0.5 | 5:05 | -0.4 | 6:51 | 7:11 |  |
| 25 | Sat | 11:36 | 5.5 | 11:51 | 6.0 | 5:36 | -0.2 | 5:45 | 0.1 | 6:50 | 7:12 |  |
| 26 | Sun | | | 12:25 | 5.0 | 6:19 | 0.2 | 6:25 | 0.5 | 6:48 | 7:13 |  |
| 27 | Mon | 12:36 | 5.6 | 1:16 | 4.7 | 7:05 | 0.6 | 7:10 | 0.9 | 6:46 | 7:14 |  |
| 28 | Tue | 1:26 | 5.2 | 2:10 | 4.4 | 7:58 | 1.0 | 8:03 | 1.2 | 6:45 | 7:15 |  |
| 29 | Wed | 2:20 | 4.9 | 3:06 | 4.3 | 9:01 | 1.2 | 9:08 | 1.4 | 6:43 | 7:16 |  |
| 30 | Thu | 3:17 | 4.8 | 4:05 | 4.3 | 10:09 | 1.3 | 10:16 | 1.4 | 6:42 | 7:17 |  |
| 31 | Fri | 4:16 | 4.7 | 5:04 | 4.5 | 11:10 | 1.1 | 11:17 | 1.2 | 6:40 | 7:18 |  |