

































Rockaway Beach (inside), NY - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:49	5.0	7:14	6.6	1:05	0.3	1:05	0.4	5:28	8:30	
2	Sun	7:45	5.2	8:07	6.8	1:59	0.0	1:59	0.2	5:28	8:29	
3	Mon	8:39	5.4	8:59	7.0	2:53	-0.2	2:53	0.0	5:29	8:29	
4	Tue	9:31	5.6	9:51	7.0	3:46	-0.4	3:47	-0.1	5:29	8:29	
5	Wed	10:24	5.7	10:43	6.9	4:36	-0.5	4:40	-0.1	5:30	8:29	
6	Thu	11:18	5.8	11:36	6.7	5:26	-0.6	5:32	0.0	5:31	8:29	
7	Fri			12:14	5.9	6:14	-0.5	6:26	0.2	5:31	8:28	
8	Sat	12:31	6.3	1:09	6.0	7:03	-0.4	7:22	0.5	5:32	8:28	
9	Sun	1:25	6.0	2:03	6.0	7:53	-0.2	8:22	0.7	5:32	8:28	
10	Mon	2:20	5.7	2:56	6.1	8:45	0.0	9:24	0.8	5:33	8:27	
11	Tue	3:14	5.4	3:47	6.0	9:40	0.2	10:26	0.8	5:34	8:27	
12	Wed	4:10	5.1	4:39	6.0	10:34	0.4	11:24	0.7	5:35	8:26	
13	Thu	5:07	5.0	5:32	6.0	11:25	0.5			5:35	8:26	
14	Fri	6:04	4.9	6:24	6.0	12:17	0.6	12:15	0.6	5:36	8:25	
15	Sat	6:58	5.0	7:14	6.0	1:07	0.6	1:03	0.6	5:37	8:25	
16	Sun	7:49	5.0	8:00	6.0	1:55	0.5	1:50	0.6	5:38	8:24	
17	Mon	8:35	5.1	8:43	6.0	2:41	0.4	2:36	0.7	5:38	8:23	
18	Tue	9:19	5.1	9:23	5.9	3:25	0.4	3:20	0.7	5:39	8:23	
19	Wed	10:00	5.1	10:01	5.8	4:07	0.4	4:02	0.8	5:40	8:22	
20	Thu	10:41	5.0	10:36	5.7	4:45	0.4	4:42	0.9	5:41	8:21	
21	Fri	11:22	5.0	11:11	5.5	5:21	0.5	5:21	1.1	5:42	8:21	
22	Sat			12:02	5.0	5:56	0.5	5:59	1.2	5:43	8:20	
23	Sun			12:42	5.0	6:29	0.7	6:40	1.3	5:44	8:19	
24	Mon	12:30	5.1	1:24	5.2	7:03	0.8	7:26	1.4	5:44	8:18	
25	Tue	1:19	4.9	2:08	5.3	7:41	0.9	8:25	1.4	5:45	8:17	
26	Wed	2:14	4.8	2:57	5.5	8:32	1.0	9:34	1.2	5:46	8:16	
27	Thu	3:13	4.7	3:51	5.7	9:37	1.0	10:42	1.0	5:47	8:16	
28	Fri	4:17	4.7	4:51	6.0	10:43	0.9	11:45	0.7	5:48	8:15	
29	Sat	5:22	4.8	5:53	6.3	11:45	0.7			5:49	8:14	
30	Sun	6:26	5.1	6:53	6.6	12:43	0.3	12:44	0.4	5:50	8:13	
31	Mon	7:26	5.4	7:50	6.9	1:40	0.0	1:41	0.1	5:51	8:12	