US HARBORS www.USHarbors.com

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	