






























Rockaway Beach (inside), NY - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:12	4.8			5:10	0.8	5:47	0.5	7:18	4:38	
2	Tue	12:01	4.4	11:56 AM	4.6	5:53	1.0	6:28	0.6	7:18	4:39	
3	Wed	12:48	4.4	12:44	4.4	6:44	1.1	7:14	0.7	7:18	4:40	
4	Thu	1:34	4.5	1:37	4.3	7:45	1.2	8:09	0.8	7:18	4:41	
5	Fri	2:22	4.7	2:33	4.2	8:51	1.0	9:08	0.8	7:18	4:42	
6	Sat	3:12	4.9	3:33	4.2	9:54	0.8	10:04	0.6	7:18	4:43	
7	Sun	4:06	5.2	4:33	4.3	10:51	0.4	10:57	0.4	7:18	4:44	
8	Mon	5:01	5.5	5:31	4.6	11:45	0.1	11:49	0.1	7:18	4:44	
9	Tue	5:55	5.9	6:25	4.8			12:37	-0.3	7:18	4:45	
10	Wed	6:47	6.2	7:15	5.1	12:39	-0.2	1:28	-0.5	7:18	4:47	
11	Thu	7:36	6.5	8:04	5.3	1:30	-0.4	2:18	-0.7	7:18	4:48	
12	Fri	8:24	6.6	8:52	5.5	2:20	-0.6	3:07	-0.9	7:17	4:49	
13	Sat	9:13	6.6	9:42	5.6	3:10	-0.7	3:54	-0.9	7:17	4:50	
14	Sun	10:02	6.4	10:34	5.6	4:00	-0.6	4:40	-0.9	7:17	4:51	
15	Mon	10:54	6.0	11:28	5.6	4:50	-0.4	5:26	-0.7	7:16	4:52	
16	Tue	11:48	5.6			5:43	-0.2	6:14	-0.5	7:16	4:53	
17	Wed	12:23	5.6	12:45	5.2	6:41	0.1	7:07	-0.2	7:15	4:54	
18	Thu	1:18	5.5	1:42	4.9	7:45	0.4	8:05	0.0	7:15	4:55	
19	Fri	2:13	5.4	2:41	4.7	8:53	0.5	9:06	0.2	7:14	4:56	
20	Sat	3:10	5.4	3:42	4.5	9:58	0.4	10:06	0.3	7:14	4:58	
21	Sun	4:08	5.3	4:43	4.5	10:57	0.3	11:01	0.2	7:13	4:59	
22	Mon	5:05	5.4	5:41	4.6	11:51	0.2	11:52	0.1	7:13	5:00	
23	Tue	6:00	5.5	6:34	4.8			12:40	0.0	7:12	5:01	
24	Wed	6:49	5.6	7:20	4.9	12:40	0.1	1:26	-0.1	7:11	5:02	
25	Thu	7:33	5.6	8:03	5.0	1:25	0.0	2:10	-0.1	7:11	5:03	
26	Fri	8:13	5.6	8:44	5.0	2:08	0.0	2:50	-0.2	7:10	5:05	
27	Sat	8:50	5.5	9:22	5.0	2:49	0.0	3:27	-0.1	7:09	5:06	
28	Sun	9:26	5.4	10:00	4.9	3:28	0.2	4:02	-0.1	7:08	5:07	
29	Mon	10:00	5.1	10:38	4.8	4:06	0.3	4:34	0.1	7:07	5:08	
30	Tue	10:34	4.9	11:15	4.8	4:42	0.5	5:06	0.3	7:06	5:10	
31	Wed	11:12	4.6	11:54	4.7	5:19	0.7	5:36	0.5	7:06	5:11	