

































## Rockaway Beach (inside), NY - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:56	5.5	1:41	5.4	7:25	0.4	7:41	1.1	5:28	8:30	
2	Wed	1:44	5.2	2:28	5.4	8:09	0.6	8:35	1.3	5:29	8:29	
3	Thu	2:32	4.9	3:14	5.5	8:56	0.8	9:33	1.3	5:29	8:29	
4	Fri	3:21	4.7	4:00	5.5	9:45	0.9	10:30	1.2	5:30	8:29	
5	Sat	4:13	4.6	4:48	5.6	10:36	1.0	11:24	1.1	5:30	8:29	
6	Sun	5:07	4.5	5:37	5.6	11:27	1.0			5:31	8:28	
7	Mon	6:02	4.6	6:26	5.7	12:15	0.9	12:16	0.9	5:32	8:28	
8	Tue	6:55	4.7	7:14	5.9	1:04	0.7	1:04	0.9	5:32	8:28	
9	Wed	7:44	4.8	7:59	6.0	1:53	0.5	1:51	0.8	5:33	8:27	
10	Thu	8:29	4.9	8:41	6.2	2:40	0.3	2:36	0.7	5:34	8:27	
11	Fri	9:12	5.0	9:22	6.3	3:26	0.2	3:21	0.7	5:34	8:27	
12	Sat	9:54	5.1	10:03	6.3	4:10	0.1	4:05	0.6	5:35	8:26	
13	Sun	10:38	5.3	10:46	6.2	4:52	0.0	4:50	0.6	5:36	8:26	
14	Mon	11:24	5.4	11:33	6.1	5:33	-0.1	5:35	0.6	5:36	8:25	
15	Tue			12:13	5.6	6:13	0.0	6:24	0.7	5:37	8:24	
16	Wed	12:24	5.8	1:05	5.8	6:56	0.1	7:19	0.8	5:38	8:24	
17	Thu	1:20	5.6	1:58	6.0	7:44	0.2	8:22	0.9	5:39	8:23	
18	Fri	2:18	5.3	2:53	6.1	8:40	0.3	9:32	0.9	5:40	8:22	
19	Sat	3:18	5.2	3:50	6.2	9:42	0.4	10:40	0.7	5:41	8:22	
20	Sun	4:21	5.1	4:50	6.3	10:45	0.4	11:43	0.6	5:41	8:21	
21	Mon	5:25	5.1	5:51	6.4	11:45	0.3			5:42	8:20	
22	Tue	6:29	5.2	6:51	6.5	12:42	0.3	12:43	0.2	5:43	8:19	
23	Wed	7:28	5.4	7:46	6.6	1:38	0.1	1:38	0.2	5:44	8:19	
24	Thu	8:22	5.5	8:37	6.6	2:31	0.0	2:30	0.1	5:45	8:18	
25	Fri	9:12	5.7	9:24	6.5	3:21	-0.2	3:20	0.2	5:46	8:17	
26	Sat	9:59	5.7	10:08	6.4	4:06	-0.2	4:07	0.3	5:47	8:16	
27	Sun	10:45	5.7	10:51	6.1	4:48	-0.1	4:52	0.4	5:48	8:15	
28	Mon	11:30	5.6	11:34	5.7	5:27	0.0	5:35	0.6	5:49	8:14	
29	Tue			12:14	5.6	6:04	0.2	6:18	0.9	5:49	8:13	
30	Wed	12:18	5.4	12:58	5.5	6:40	0.5	7:02	1.1	5:50	8:12	
31	Thu	1:03	5.0	1:43	5.5	7:18	0.8	7:51	1.3	5:51	8:11	