US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:42	6.3	6:18	5.2			12:27	-0.5	7:18	4:39	
2	Fri	6:39	6.5	7:13	5.5	12:32	-0.6	1:22	-0.7	7:18	4:39	
3	Sat	7:31	6.6	8:04	5.6	1:25	-0.7	2:14	-0.8	7:18	4:40	
4	Sun	8:21	6.6	8:54	5.6	2:17	-0.8	3:03	-0.9	7:18	4:41	
5	Mon	9:09	6.4	9:43	5.5	3:06	-0.7	3:49	-0.8	7:18	4:42	
6	Tue	9:56	6.1	10:32	5.4	3:53	-0.5	4:33	-0.7	7:18	4:43	
7	Wed	10:43	5.7	11:21	5.3	4:39	-0.2	5:16	-0.4	7:18	4:44	
8	Thu	11:31	5.3			5:26	0.1	5:58	-0.1	7:18	4:45	
9	Fri	12:10	5.1	12:20	4.9	6:14	0.4	6:42	0.2	7:18	4:46	
10	Sat	12:59	5.1	1:11	4.6	7:07	0.7	7:30	0.5	7:18	4:47	
11	Sun	1:47	5.0	2:02	4.3	8:06	0.8	8:24	0.7	7:17	4:48	
12	Mon	2:37	4.9	2:56	4.1	9:07	0.9	9:20	0.7	7:17	4:49	
13	Tue	3:28	4.9	3:52	4.1	10:05	0.8	10:14	0.7	7:17	4:50	
14	Wed	4:22	5.0	4:49	4.2	10:59	0.6	11:06	0.6	7:16	4:51	
15	Thu	5:15	5.1	5:42	4.3	11:49	0.4	11:54	0.4	7:16	4:52	
16	Fri	6:04	5.2	6:31	4.5			12:37	0.2	7:16	4:54	
17	Sat	6:49	5.4	7:15	4.7	12:40	0.3	1:22	0.0	7:15	4:55	
18	Sun	7:29	5.6	7:55	4.8	1:24	0.2	2:06	-0.2	7:15	4:56	
19	Mon	8:07	5.7	8:33	4.9	2:06	0.1	2:47	-0.3	7:14	4:57	
20	Tue	8:44	5.8	9:11	5.0	2:47	0.1	3:26	-0.4	7:14	4:58	
21	Wed	9:22	5.7	9:51	5.1	3:27	0.1	4:04	-0.4	7:13	4:59	
22	Thu	10:02	5.6	10:33	5.2	4:07	0.1	4:40	-0.3	7:12	5:01	
23	Fri	10:48	5.3	11:21	5.3	4:50	0.1	5:19	-0.2	7:12	5:02	
24	Sat	11:41	5.0			5:38	0.3	6:02	0.0	7:11	5:03	
25	Sun	12:14	5.4	12:40	4.8	6:36	0.4	6:55	0.2	7:10	5:04	
26	Mon	1:11	5.4	1:43	4.6	7:47	0.6	8:02	0.3	7:09	5:05	
27	Tue	2:12	5.5	2:49	4.5	9:04	0.5	9:14	0.3	7:09	5:07	
28	Wed	3:17	5.5	3:57	4.6	10:14	0.3	10:21	0.1	7:08	5:08	
29	Thu	4:23	5.7	5:03	4.8	11:17	0.0	11:22	-0.2	7:07	5:09	
30	Fri	5:27	5.9	6:04	5.1			12:14	-0.3	7:06	5:10	
31	Sat	6:25	6.2	6:59	5.4	12:18	-0.4	1:07	-0.6	7:05	5:11	