US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**6:08**	5.9	**6:42**	5.6	**12:03**	-0.1	**12:47**	-0.4	6:28	5:46	
2	Mon	**6:58**	6.1	**7:29**	5.9	**12:54**	-0.3	**1:32**	-0.6	6:26	5:47	
3	Tue	**7:43**	6.2	**8:11**	6.1	**1:42**	-0.5	**2:13**	-0.7	6:25	5:48	
4	Wed	**8:24**	6.1	**8:51**	6.1	**2:26**	-0.5	**2:52**	-0.6	6:23	5:49	
5	Thu	**9:04**	5.8	**9:30**	6.1	**3:08**	-0.4	**3:29**	-0.4	6:22	5:51	
6	Fri	**9:44**	5.5	**10:07**	5.9	**3:48**	-0.3	**4:03**	-0.1	6:20	5:52	
7	Sat	**10:23**	5.1	**10:46**	5.6	**4:27**	0.0	**4:37**	0.2	6:19	5:53	
8	Sun			**12:04**	4.8	**6:05**	0.3	**6:10**	0.6	7:17	6:54	
9	Mon	**12:26**	5.3	**12:49**	4.5	**6:44**	0.6	**6:46**	0.9	7:15	6:55	
10	Tue	**1:10**	5.0	**1:38**	4.2	**7:30**	0.9	**7:30**	1.2	7:14	6:56	
11	Wed	**1:59**	4.8	**2:33**	4.1	**8:30**	1.2	**8:34**	1.4	7:12	6:57	
12	Thu	**2:55**	4.7	**3:33**	4.0	**9:41**	1.3	**9:50**	1.5	7:11	6:58	
13	Fri	**3:55**	4.7	**4:35**	4.1	**10:49**	1.1	**10:57**	1.3	7:09	6:59	
14	Sat	**4:56**	4.8	**5:35**	4.4	**11:47**	0.8	**11:55**	1.0	7:07	7:00	
15	Sun	**5:55**	5.1	**6:30**	4.8			**12:37**	0.4	7:06	7:01	
16	Mon	**6:48**	5.5	**7:18**	5.2	**12:46**	0.6	**1:23**	0.1	7:04	7:03	
17	Tue	**7:35**	5.8	**8:01**	5.7	**1:35**	0.3	**2:06**	-0.2	7:02	7:04	
18	Wed	**8:20**	6.0	**8:42**	6.1	**2:22**	-0.1	**2:48**	-0.4	7:01	7:05	
19	Thu	**9:03**	6.0	**9:23**	6.4	**3:09**	-0.4	**3:29**	-0.5	6:59	7:06	
20	Fri	**9:47**	6.0	**10:05**	6.6	**3:55**	-0.5	**4:10**	-0.5	6:58	7:07	
21	Sat	**10:32**	5.8	**10:49**	6.6	**4:41**	-0.5	**4:52**	-0.4	6:56	7:08	
22	Sun	**11:21**	5.5	**11:39**	6.4	**5:28**	-0.4	**5:36**	-0.2	6:54	7:09	
23	Mon			**12:15**	5.2	**6:17**	-0.1	**6:24**	0.1	6:53	7:10	
24	Tue	**12:34**	6.1	**1:15**	5.0	**7:13**	0.3	**7:21**	0.4	6:51	7:11	
25	Wed	**1:34**	5.8	**2:19**	4.8	**8:19**	0.6	**8:28**	0.7	6:49	7:12	
26	Thu	**2:38**	5.6	**3:23**	4.8	**9:32**	0.7	**9:42**	0.8	6:48	7:13	
27	Fri	**3:43**	5.5	**4:28**	4.9	**10:41**	0.5	**10:51**	0.7	6:46	7:14	
28	Sat	**4:48**	5.5	**5:31**	5.2	**11:41**	0.3	**11:51**	0.4	6:44	7:15	
29	Sun	**5:49**	5.6	**6:28**	5.5			**12:32**	0.0	6:43	7:16	
30	Mon	**6:44**	5.7	**7:18**	5.9	**12:45**	0.2	**1:18**	-0.2	6:41	7:17	
31	Tue	**7:33**	5.8	**8:03**	6.2	**1:33**	0.0	**2:00**	-0.3	6:39	7:18	