US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:32**	5.4	**8:50**	6.3	**2:37**	0.1	**2:44**	0.3	5:53	7:51	
2	Sat	**9:12**	5.3	**9:27**	6.2	**3:18**	0.1	**3:22**	0.4	5:52	7:52	
3	Sun	**9:50**	5.1	**10:02**	6.0	**3:58**	0.2	**4:00**	0.6	5:51	7:53	
4	Mon	**10:29**	4.9	**10:37**	5.7	**4:37**	0.3	**4:36**	0.8	5:49	7:54	
5	Tue	**11:08**	4.7	**11:13**	5.5	**5:16**	0.5	**5:12**	1.1	5:48	7:55	
6	Wed	**11:50**	4.5	**11:52**	5.3	**5:55**	0.7	**5:46**	1.3	5:47	7:56	
7	Thu			**12:38**	4.4	**6:37**	0.9	**6:24**	1.5	5:46	7:57	
8	Fri	**12:38**	5.2	**1:31**	4.4	**7:25**	1.0	**7:12**	1.6	5:45	7:58	
9	Sat	**1:32**	5.1	**2:25**	4.5	**8:21**	1.0	**8:19**	1.6	5:44	7:59	
10	Sun	**2:30**	5.1	**3:20**	4.8	**9:22**	0.9	**9:36**	1.5	5:43	8:00	
11	Mon	**3:29**	5.2	**4:14**	5.2	**10:19**	0.7	**10:44**	1.2	5:42	8:01	
12	Tue	**4:30**	5.2	**5:08**	5.6	**11:13**	0.5	**11:44**	0.7	5:41	8:02	
13	Wed	**5:31**	5.3	**6:02**	6.1			**12:03**	0.2	5:40	8:03	
14	Thu	**6:30**	5.5	**6:55**	6.6	**12:40**	0.3	**12:52**	0.0	5:39	8:04	
15	Fri	**7:26**	5.6	**7:46**	7.0	**1:35**	-0.1	**1:42**	-0.2	5:38	8:05	
16	Sat	**8:19**	5.7	**8:36**	7.2	**2:28**	-0.4	**2:33**	-0.3	5:37	8:06	
17	Sun	**9:11**	5.8	**9:26**	7.2	**3:21**	-0.5	**3:24**	-0.3	5:36	8:07	
18	Mon	**10:03**	5.8	**10:18**	7.0	**4:14**	-0.5	**4:16**	-0.2	5:35	8:08	
19	Tue	**10:58**	5.7	**11:12**	6.7	**5:06**	-0.4	**5:09**	0.0	5:34	8:08	
20	Wed	**11:55**	5.5			**5:58**	-0.2	**6:01**	0.2	5:33	8:09	
21	Thu	**12:08**	6.4	**12:54**	5.5	**6:51**	0.0	**6:57**	0.5	5:33	8:10	
22	Fri	**1:06**	6.1	**1:52**	5.4	**7:46**	0.1	**7:56**	0.8	5:32	8:11	
23	Sat	**2:02**	5.8	**2:48**	5.5	**8:43**	0.3	**8:59**	0.9	5:31	8:12	
24	Sun	**2:57**	5.5	**3:42**	5.6	**9:39**	0.3	**10:02**	0.9	5:30	8:13	
25	Mon	**3:51**	5.3	**4:34**	5.8	**10:31**	0.4	**11:00**	0.8	5:30	8:14	
26	Tue	**4:45**	5.2	**5:24**	5.9	**11:19**	0.4	**11:52**	0.7	5:29	8:15	
27	Wed	**5:39**	5.1	**6:12**	6.1			**12:04**	0.4	5:28	8:15	
28	Thu	**6:31**	5.0	**6:58**	6.1	**12:40**	0.5	**12:47**	0.4	5:28	8:16	
29	Fri	**7:19**	5.0	**7:41**	6.2	**1:26**	0.4	**1:29**	0.5	5:27	8:17	
30	Sat	**8:05**	5.0	**8:22**	6.1	**2:10**	0.3	**2:12**	0.6	5:27	8:18	
31	Sun	**8:47**	5.0	**9:00**	6.0	**2:54**	0.3	**2:54**	0.7	5:26	8:19	