

































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	