



Rockaway Beach (inside), NY - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:46	4.9	9:51	5.9	3:58	0.4	3:53	0.9	5:28	8:30	☉
2	Thu	10:25	4.9	10:27	5.8	4:38	0.3	4:32	1.0	5:28	8:29	☉
3	Fri	11:05	4.9	11:04	5.7	5:16	0.3	5:10	1.1	5:29	8:29	☉
4	Sat	11:47	5.0	11:46	5.6	5:53	0.3	5:49	1.1	5:30	8:29	☾
5	Sun			12:31	5.1	6:29	0.4	6:33	1.1	5:30	8:29	☾
6	Mon	12:34	5.4	1:19	5.4	7:08	0.5	7:26	1.1	5:31	8:29	☾
7	Tue	1:29	5.3	2:10	5.7	7:54	0.5	8:31	1.1	5:31	8:28	☾
8	Wed	2:27	5.1	3:04	5.9	8:50	0.6	9:44	1.0	5:32	8:28	☾
9	Thu	3:29	5.0	4:01	6.1	9:53	0.5	10:54	0.8	5:33	8:27	☾
10	Fri	4:33	5.0	5:02	6.4	10:57	0.4	11:57	0.5	5:33	8:27	☾
11	Sat	5:40	5.1	6:05	6.6	11:58	0.2			5:34	8:27	☾
12	Sun	6:44	5.3	7:06	6.8	12:57	0.2	12:57	0.0	5:35	8:26	☾
13	Mon	7:44	5.5	8:03	7.0	1:55	-0.1	1:55	-0.1	5:36	8:26	☾
14	Tue	8:39	5.8	8:56	7.0	2:50	-0.3	2:50	-0.2	5:36	8:25	☾
15	Wed	9:32	5.9	9:46	6.9	3:42	-0.5	3:44	-0.2	5:37	8:25	☾
16	Thu	10:24	6.0	10:35	6.7	4:30	-0.6	4:35	-0.1	5:38	8:24	☾
17	Fri	11:15	6.0	11:24	6.4	5:16	-0.5	5:24	0.1	5:39	8:23	☾
18	Sat			12:05	6.0	6:00	-0.3	6:12	0.4	5:40	8:23	☾
19	Sun	12:13	6.0	12:54	5.9	6:42	-0.1	7:01	0.6	5:40	8:22	☾
20	Mon	1:03	5.6	1:43	5.8	7:25	0.3	7:52	0.9	5:41	8:21	☾
21	Tue	1:52	5.2	2:30	5.7	8:11	0.6	8:48	1.1	5:42	8:20	☾
22	Wed	2:43	4.9	3:18	5.7	9:00	0.8	9:47	1.2	5:43	8:20	☾
23	Thu	3:34	4.7	4:07	5.6	9:54	1.0	10:45	1.2	5:44	8:19	☾
24	Fri	4:28	4.6	4:59	5.6	10:48	1.1	11:39	1.1	5:45	8:18	☾
25	Sat	5:24	4.5	5:52	5.6	11:41	1.0			5:46	8:17	☉
26	Sun	6:20	4.6	6:43	5.7	12:30	0.9	12:31	1.0	5:46	8:16	☉
27	Mon	7:12	4.8	7:30	5.8	1:19	0.7	1:18	0.9	5:47	8:15	☉
28	Tue	7:59	4.9	8:13	6.0	2:05	0.5	2:04	0.8	5:48	8:14	☉
29	Wed	8:42	5.0	8:51	6.0	2:50	0.4	2:49	0.8	5:49	8:13	☉
30	Thu	9:21	5.2	9:28	6.1	3:32	0.2	3:31	0.8	5:50	8:12	☉
31	Fri	9:59	5.3	10:04	6.0	4:11	0.1	4:12	0.8	5:51	8:11	☉