


































Rockaway Beach (inside), NY - Dec 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 1:19 | 5.2 | 1:32 | 5.4 | 7:29 | 0.6 | 8:14 | 0.2 | 6:59 | 4:29 |  |
| 2 | Wed | 2:16 | 5.3 | 2:29 | 5.2 | 8:35 | 0.7 | 9:11 | 0.2 | 7:00 | 4:28 |  |
| 3 | Thu | 3:11 | 5.4 | 3:25 | 5.0 | 9:38 | 0.6 | 10:02 | 0.1 | 7:01 | 4:28 |  |
| 4 | Fri | 4:03 | 5.6 | 4:21 | 5.0 | 10:33 | 0.4 | 10:49 | 0.1 | 7:02 | 4:28 |  |
| 5 | Sat | 4:53 | 5.8 | 5:14 | 4.9 | 11:23 | 0.2 | 11:33 | 0.1 | 7:03 | 4:28 |  |
| 6 | Sun | 5:41 | 5.9 | 6:03 | 5.0 | | | 12:09 | 0.0 | 7:04 | 4:28 |  |
| 7 | Mon | 6:25 | 6.0 | 6:48 | 5.0 | 12:16 | 0.1 | 12:53 | 0.0 | 7:05 | 4:28 |  |
| 8 | Tue | 7:07 | 6.0 | 7:30 | 5.0 | 12:58 | 0.1 | 1:36 | 0.0 | 7:06 | 4:28 |  |
| 9 | Wed | 7:47 | 5.9 | 8:10 | 4.9 | 1:39 | 0.2 | 2:18 | 0.0 | 7:07 | 4:28 |  |
| 10 | Thu | 8:25 | 5.7 | 8:49 | 4.8 | 2:20 | 0.3 | 2:59 | 0.1 | 7:08 | 4:28 |  |
| 11 | Fri | 9:01 | 5.6 | 9:27 | 4.6 | 2:58 | 0.4 | 3:39 | 0.2 | 7:08 | 4:28 |  |
| 12 | Sat | 9:36 | 5.4 | 10:07 | 4.5 | 3:35 | 0.6 | 4:18 | 0.3 | 7:09 | 4:28 |  |
| 13 | Sun | 10:11 | 5.2 | 10:49 | 4.3 | 4:11 | 0.8 | 4:56 | 0.4 | 7:10 | 4:28 |  |
| 14 | Mon | 10:50 | 5.0 | 11:35 | 4.3 | 4:46 | 0.9 | 5:36 | 0.5 | 7:11 | 4:28 |  |
| 15 | Tue | 11:36 | 4.9 | | | 5:26 | 1.1 | 6:18 | 0.6 | 7:11 | 4:29 |  |
| 16 | Wed | 12:24 | 4.4 | 12:30 | 4.8 | 6:16 | 1.1 | 7:08 | 0.6 | 7:12 | 4:29 |  |
| 17 | Thu | 1:16 | 4.6 | 1:29 | 4.7 | 7:25 | 1.1 | 8:05 | 0.6 | 7:13 | 4:29 |  |
| 18 | Fri | 2:09 | 4.9 | 2:30 | 4.6 | 8:41 | 1.0 | 9:06 | 0.5 | 7:13 | 4:30 |  |
| 19 | Sat | 3:04 | 5.3 | 3:33 | 4.7 | 9:50 | 0.6 | 10:04 | 0.3 | 7:14 | 4:30 |  |
| 20 | Sun | 4:02 | 5.6 | 4:37 | 4.8 | 10:51 | 0.2 | 10:59 | 0.0 | 7:14 | 4:31 |  |
| 21 | Mon | 5:01 | 6.0 | 5:37 | 5.0 | 11:48 | -0.2 | 11:53 | -0.3 | 7:15 | 4:31 |  |
| 22 | Tue | 5:58 | 6.4 | 6:34 | 5.3 | | | 12:44 | -0.5 | 7:15 | 4:32 |  |
| 23 | Wed | 6:53 | 6.6 | 7:27 | 5.5 | 12:47 | -0.6 | 1:38 | -0.7 | 7:16 | 4:32 |  |
| 24 | Thu | 7:45 | 6.8 | 8:19 | 5.6 | 1:41 | -0.7 | 2:31 | -0.8 | 7:16 | 4:33 |  |
| 25 | Fri | 8:37 | 6.8 | 9:11 | 5.6 | 2:33 | -0.8 | 3:22 | -0.9 | 7:17 | 4:33 |  |
| 26 | Sat | 9:28 | 6.6 | 10:04 | 5.6 | 3:25 | -0.8 | 4:11 | -0.8 | 7:17 | 4:34 |  |
| 27 | Sun | 10:20 | 6.3 | 10:59 | 5.5 | 4:17 | -0.6 | 5:00 | -0.7 | 7:17 | 4:35 |  |
| 28 | Mon | 11:13 | 5.9 | 11:54 | 5.4 | 5:08 | -0.3 | 5:48 | -0.5 | 7:18 | 4:35 |  |
| 29 | Tue | | | 12:07 | 5.5 | 6:01 | 0.1 | 6:38 | -0.2 | 7:18 | 4:36 |  |
| 30 | Wed | 12:49 | 5.3 | 1:02 | 5.1 | 6:59 | 0.4 | 7:31 | 0.1 | 7:18 | 4:37 |  |
| 31 | Thu | 1:42 | 5.3 | 1:57 | 4.8 | 8:01 | 0.6 | 8:22 | 0.3 | 7:18 | 4:38 |  |