US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:07	6.2	5:35	5.3	11:47	-0.5	11:58	-0.5	7:18	4:39	
2	Wed	6:05	6.4	6:32	5.5			12:41	-0.7	7:18	4:39	
3	Thu	6:58	6.6	7:25	5.7	12:52	-0.7	1:33	-0.9	7:18	4:40	
4	Fri	7:48	6.6	8:14	5.7	1:43	-0.8	2:23	-1.0	7:18	4:41	
5	Sat	8:35	6.5	9:01	5.7	2:32	-0.7	3:09	-1.0	7:18	4:42	
6	Sun	9:21	6.3	9:48	5.6	3:18	-0.6	3:53	-0.8	7:18	4:43	
7	Mon	10:06	5.9	10:34	5.4	4:03	-0.4	4:35	-0.6	7:18	4:44	
8	Tue	10:52	5.5	11:21	5.2	4:47	-0.1	5:15	-0.3	7:18	4:45	
9	Wed	11:39	5.1			5:31	0.3	5:56	0.0	7:18	4:46	
10	Thu	12:08	5.1	12:28	4.8	6:18	0.6	6:40	0.3	7:18	4:47	
11	Fri	12:56	4.9	1:18	4.5	7:11	0.8	7:30	0.5	7:17	4:48	
12	Sat	1:45	4.9	2:11	4.3	8:12	1.0	8:26	0.7	7:17	4:49	
13	Sun	2:35	4.8	3:05	4.2	9:14	0.9	9:24	0.7	7:17	4:50	
14	Mon	3:28	4.8	4:02	4.2	10:13	0.8	10:19	0.6	7:16	4:51	
15	Tue	4:21	5.0	4:58	4.3	11:06	0.6	11:10	0.4	7:16	4:52	
16	Wed	5:14	5.1	5:50	4.5	11:56	0.3	11:59	0.2	7:16	4:54	
17	Thu	6:03	5.4	6:37	4.8			12:43	0.0	7:15	4:55	
18	Fri	6:47	5.6	7:21	5.0	12:45	0.0	1:28	-0.2	7:15	4:56	
19	Sat	7:28	5.9	8:01	5.1	1:30	-0.1	2:11	-0.4	7:14	4:57	
20	Sun	8:08	6.0	8:41	5.3	2:13	-0.2	2:52	-0.5	7:14	4:58	
21	Mon	8:48	6.0	9:22	5.4	2:56	-0.3	3:32	-0.5	7:13	4:59	
22	Tue	9:29	5.9	10:05	5.5	3:40	-0.3	4:11	-0.5	7:12	5:01	
23	Wed	10:14	5.7	10:52	5.6	4:24	-0.3	4:51	-0.4	7:12	5:02	
24	Thu	11:05	5.4	11:44	5.6	5:11	-0.2	5:34	-0.2	7:11	5:03	
25	Fri			12:01	5.1	6:04	0.0	6:24	0.0	7:10	5:04	
26	Sat	12:41	5.6	1:02	4.9	7:06	0.2	7:25	0.2	7:09	5:05	
27	Sun	1:40	5.6	2:05	4.8	8:17	0.3	8:35	0.2	7:09	5:07	
28	Mon	2:42	5.6	3:11	4.7	9:28	0.3	9:44	0.1	7:08	5:08	
29	Tue	3:46	5.6	4:17	4.8	10:33	0.0	10:46	-0.1	7:07	5:09	
30	Wed	4:49	5.8	5:20	5.1	11:31	-0.3	11:43	-0.3	7:06	5:10	
31	Thu	5:49	6.0	6:17	5.4			12:25	-0.5	7:05	5:11	