


































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 |  |