US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:29	5.8	5:59	5.5			12:04	-0.3	6:28	5:46	
2	Sat	6:22	5.9	6:48	5.8	12:19	-0.2	12:51	-0.5	6:26	5:47	
3	Sun	7:09	6.0	7:32	6.0	1:07	-0.3	1:34	-0.6	6:25	5:48	
4	Mon	7:52	6.0	8:13	6.1	1:52	-0.4	2:15	-0.6	6:23	5:49	
5	Tue	8:33	5.9	8:51	6.1	2:34	-0.4	2:53	-0.5	6:22	5:51	
6	Wed	9:12	5.7	9:28	5.9	3:14	-0.3	3:30	-0.3	6:20	5:52	
7	Thu	9:51	5.4	10:05	5.7	3:53	-0.1	4:05	0.0	6:19	5:53	
8	Fri	10:30	5.0	10:42	5.5	4:30	0.2	4:39	0.3	6:17	5:54	
9	Sat	11:12	4.7	11:21	5.2	5:07	0.5	5:14	0.6	6:15	5:55	
10	Sun			12:57	4.5	6:46	0.7	6:53	0.9	7:14	6:56	
11	Mon	1:05	5.0	1:48	4.3	7:34	1.0	7:41	1.1	7:12	6:57	
12	Tue	1:55	4.8	2:43	4.2	8:36	1.2	8:46	1.3	7:11	6:58	
13	Wed	2:51	4.8	3:42	4.2	9:48	1.2	9:57	1.2	7:09	6:59	
14	Thu	3:51	4.9	4:42	4.4	10:53	1.0	11:02	1.0	7:07	7:00	
15	Fri	4:53	5.1	5:40	4.7	11:49	0.6	11:59	0.6	7:06	7:01	
16	Sat	5:52	5.4	6:34	5.2			12:40	0.2	7:04	7:03	
17	Sun	6:47	5.7	7:23	5.7	12:52	0.2	1:26	-0.1	7:02	7:04	
18	Mon	7:38	6.0	8:09	6.2	1:42	-0.2	2:12	-0.4	7:01	7:05	
19	Tue	8:25	6.2	8:53	6.6	2:32	-0.5	2:56	-0.6	6:59	7:06	
20	Wed	9:12	6.2	9:38	6.8	3:21	-0.8	3:41	-0.7	6:58	7:07	
21	Thu	9:58	6.2	10:24	6.8	4:09	-0.9	4:25	-0.7	6:56	7:08	
22	Fri	10:47	6.0	11:12	6.7	4:57	-0.8	5:10	-0.5	6:54	7:09	
23	Sat	11:39	5.7			5:46	-0.6	5:58	-0.2	6:53	7:10	
24	Sun	12:06	6.4	12:36	5.4	6:38	-0.2	6:50	0.1	6:51	7:11	
25	Mon	1:03	6.1	1:36	5.2	7:36	0.1	7:50	0.4	6:49	7:12	
26	Tue	2:03	5.8	2:38	5.1	8:40	0.4	8:58	0.7	6:48	7:13	
27	Wed	3:04	5.6	3:40	5.1	9:48	0.4	10:08	0.7	6:46	7:14	
28	Thu	4:06	5.5	4:41	5.2	10:51	0.3	11:11	0.6	6:44	7:15	
29	Fri	5:06	5.5	5:40	5.4	11:46	0.1			6:43	7:16	
30	Sat	6:04	5.6	6:34	5.7	12:07	0.4	12:35	-0.1	6:41	7:17	
31	Sun	6:56	5.7	7:22	6.0	12:57	0.2	1:20	-0.2	6:39	7:18	