US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jul 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**9:13**	5.1	**9:14**	6.1	**3:21**	0.3	**3:18**	0.7	5:28	8:30	
2	Tue	**9:53**	5.1	**9:50**	6.0	**4:03**	0.2	**4:00**	0.7	5:28	8:29	
3	Wed	**10:33**	5.1	**10:28**	6.0	**4:42**	0.2	**4:41**	0.7	5:29	8:29	
4	Thu	**11:13**	5.2	**11:08**	5.9	**5:20**	0.2	**5:21**	0.8	5:30	8:29	
5	Fri	**11:57**	5.3	**11:55**	5.7	**5:57**	0.2	**6:05**	0.8	5:30	8:29	
6	Sat			**12:45**	5.5	**6:36**	0.3	**6:53**	0.8	5:31	8:29	
7	Sun	**12:47**	5.6	**1:37**	5.7	**7:19**	0.4	**7:51**	0.9	5:31	8:28	
8	Mon	**1:45**	5.4	**2:31**	5.9	**8:12**	0.4	**8:59**	0.8	5:32	8:28	
9	Tue	**2:46**	5.3	**3:28**	6.1	**9:14**	0.5	**10:09**	0.7	5:33	8:27	
10	Wed	**3:48**	5.2	**4:28**	6.3	**10:20**	0.4	**11:14**	0.4	5:33	8:27	
11	Thu	**4:53**	5.2	**5:29**	6.5	**11:23**	0.2			5:34	8:27	
12	Fri	**5:58**	5.4	**6:30**	6.7	**12:15**	0.1	**12:23**	0.0	5:35	8:26	
13	Sat	**7:00**	5.6	**7:28**	6.9	**1:13**	-0.1	**1:20**	-0.1	5:36	8:26	
14	Sun	**7:58**	5.8	**8:21**	7.0	**2:07**	-0.4	**2:15**	-0.2	5:36	8:25	
15	Mon	**8:51**	6.0	**9:12**	7.0	**3:00**	-0.6	**3:08**	-0.2	5:37	8:25	
16	Tue	**9:42**	6.1	**10:00**	6.8	**3:49**	-0.7	**3:59**	-0.2	5:38	8:24	
17	Wed	**10:31**	6.1	**10:48**	6.5	**4:36**	-0.6	**4:47**	0.0	5:39	8:23	
18	Thu	**11:19**	6.0	**11:35**	6.2	**5:20**	-0.5	**5:34**	0.2	5:40	8:23	
19	Fri			**12:07**	5.9	**6:02**	-0.3	**6:20**	0.5	5:40	8:22	
20	Sat	**12:23**	5.8	**12:55**	5.8	**6:43**	0.1	**7:07**	0.8	5:41	8:21	
21	Sun	**1:12**	5.4	**1:43**	5.7	**7:26**	0.4	**7:58**	1.1	5:42	8:20	
22	Mon	**2:02**	5.1	**2:30**	5.6	**8:12**	0.7	**8:55**	1.2	5:43	8:20	
23	Tue	**2:52**	4.8	**3:18**	5.5	**9:04**	0.9	**9:54**	1.3	5:44	8:19	
24	Wed	**3:44**	4.7	**4:08**	5.5	**9:59**	1.0	**10:52**	1.2	5:45	8:18	
25	Thu	**4:39**	4.6	**5:00**	5.5	**10:54**	0.9	**11:46**	1.0	5:46	8:17	
26	Fri	**5:34**	4.7	**5:52**	5.6	**11:46**	0.9			5:47	8:16	
27	Sat	**6:29**	4.8	**6:42**	5.8	**12:36**	0.8	**12:35**	0.8	5:47	8:15	
28	Sun	**7:19**	5.0	**7:28**	6.0	**1:24**	0.6	**1:23**	0.7	5:48	8:14	
29	Mon	**8:05**	5.2	**8:10**	6.1	**2:10**	0.4	**2:09**	0.6	5:49	8:13	
30	Tue	**8:47**	5.3	**8:50**	6.2	**2:54**	0.2	**2:54**	0.5	5:50	8:12	
31	Wed	**9:26**	5.5	**9:28**	6.2	**3:35**	0.1	**3:38**	0.4	5:51	8:11	