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# Rockaway Beach (inside), NY - Sep 2030

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 11:05 | 6.4 | 11:21 | 5.9 | 5:05 | 0.0 | 5:34 | 0.2 | 6:22 | 7:27 | |
| 2 | Mon | 11:55 | 6.4 | | | 5:48 | 0.1 | 6:24 | 0.4 | 6:23 | 7:26 | |
| 3 | Tue | 12:15 | 5.6 | 12:51 | 6.3 | 6:35 | 0.3 | 7:21 | 0.6 | 6:24 | 7:24 | |
| 4 | Wed | 1:16 | 5.4 | 1:51 | 6.2 | 7:32 | 0.6 | 8:27 | 0.8 | 6:25 | 7:22 | |
| 5 | Thu | 2:19 | 5.2 | 2:53 | 6.1 | 8:39 | 0.7 | 9:38 | 0.8 | 6:26 | 7:21 | |
| 6 | Fri | 3:23 | 5.2 | 3:56 | 6.1 | 9:50 | 0.7 | 10:44 | 0.6 | 6:27 | 7:19 | |
| 7 | Sat | 4:27 | 5.3 | 4:58 | 6.2 | 10:56 | 0.6 | 11:43 | 0.3 | 6:28 | 7:17 | |
| 8 | Sun | 5:30 | 5.5 | 5:57 | 6.3 | 11:56 | 0.4 | | | 6:29 | 7:16 | |
| 9 | Mon | 6:28 | 5.8 | 6:52 | 6.5 | 12:36 | 0.0 | 12:50 | 0.2 | 6:30 | 7:14 | |
| 10 | Tue | 7:21 | 6.1 | 7:42 | 6.6 | 1:25 | -0.2 | 1:40 | 0.0 | 6:31 | 7:12 | |
| 11 | Wed | 8:08 | 6.4 | 8:28 | 6.5 | 2:10 | -0.4 | 2:27 | 0.0 | 6:32 | 7:11 | |
| 12 | Thu | 8:51 | 6.5 | 9:11 | 6.4 | 2:53 | -0.4 | 3:13 | 0.0 | 6:33 | 7:09 | |
| 13 | Fri | 9:32 | 6.5 | 9:52 | 6.1 | 3:33 | -0.3 | 3:56 | 0.1 | 6:34 | 7:07 | |
| 14 | Sat | 10:12 | 6.3 | 10:33 | 5.8 | 4:12 | -0.1 | 4:37 | 0.3 | 6:35 | 7:06 | |
| 15 | Sun | 10:51 | 6.1 | 11:15 | 5.4 | 4:50 | 0.2 | 5:17 | 0.5 | 6:36 | 7:04 | |
| 16 | Mon | 11:31 | 5.9 | 11:59 | 5.1 | 5:27 | 0.5 | 5:57 | 0.8 | 6:37 | 7:02 | |
| 17 | Tue | | | 12:14 | 5.6 | 6:04 | 0.8 | 6:40 | 1.1 | 6:38 | 7:01 | |
| 18 | Wed | 12:47 | 4.8 | 1:01 | 5.3 | 6:45 | 1.1 | 7:29 | 1.4 | 6:39 | 6:59 | |
| 19 | Thu | 1:39 | 4.6 | 1:52 | 5.2 | 7:33 | 1.4 | 8:29 | 1.6 | 6:40 | 6:57 | |
| 20 | Fri | 2:34 | 4.5 | 2:46 | 5.2 | 8:34 | 1.5 | 9:36 | 1.5 | 6:41 | 6:56 | |
| 21 | Sat | 3:30 | 4.5 | 3:41 | 5.2 | 9:40 | 1.5 | 10:38 | 1.3 | 6:42 | 6:54 | |
| 22 | Sun | 4:27 | 4.7 | 4:37 | 5.4 | 10:42 | 1.3 | 11:31 | 0.9 | 6:43 | 6:52 | |
| 23 | Mon | 5:22 | 5.0 | 5:32 | 5.6 | 11:37 | 1.0 | | | 6:44 | 6:51 | |
| 24 | Tue | 6:13 | 5.4 | 6:24 | 5.9 | 12:19 | 0.6 | 12:28 | 0.6 | 6:45 | 6:49 | |
| 25 | Wed | 7:01 | 5.8 | 7:13 | 6.2 | 1:04 | 0.2 | 1:17 | 0.3 | 6:46 | 6:47 | |
| 26 | Thu | 7:45 | 6.2 | 7:59 | 6.3 | 1:48 | 0.0 | 2:05 | 0.0 | 6:47 | 6:46 | |
| 27 | Fri | 8:28 | 6.6 | 8:44 | 6.4 | 2:31 | -0.2 | 2:53 | -0.2 | 6:48 | 6:44 | |
| 28 | Sat | 9:11 | 6.8 | 9:29 | 6.3 | 3:14 | -0.3 | 3:41 | -0.3 | 6:49 | 6:42 | |
| 29 | Sun | 9:55 | 6.9 | 10:15 | 6.1 | 3:57 | -0.3 | 4:29 | -0.3 | 6:50 | 6:41 | |
| 30 | Mon | 10:43 | 6.8 | 11:06 | 5.9 | 4:42 | -0.2 | 5:19 | -0.1 | 6:51 | 6:39 | |