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# Rockaway Beach (inside), NY - Mar 2031

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 1:13 | 4.9 | 1:51 | 4.3 | 7:45 | 1.0 | 7:57 | 1.0 | 6:28 | 5:46 | |
| 2 | Sun | 2:07 | 4.8 | 2:47 | 4.3 | 8:51 | 1.1 | 9:01 | 1.1 | 6:27 | 5:47 | |
| 3 | Mon | 3:03 | 4.7 | 3:46 | 4.4 | 9:53 | 1.0 | 10:02 | 0.9 | 6:25 | 5:48 | |
| 4 | Tue | 4:00 | 4.8 | 4:43 | 4.6 | 10:48 | 0.7 | 10:57 | 0.7 | 6:24 | 5:49 | |
| 5 | Wed | 4:56 | 5.0 | 5:35 | 4.8 | 11:37 | 0.4 | 11:46 | 0.5 | 6:22 | 5:50 | |
| 6 | Thu | 5:47 | 5.2 | 6:22 | 5.2 | | | 12:23 | 0.1 | 6:21 | 5:51 | |
| 7 | Fri | 6:32 | 5.5 | 7:04 | 5.5 | 12:33 | 0.2 | 1:06 | -0.1 | 6:19 | 5:53 | |
| 8 | Sat | 7:14 | 5.7 | 7:43 | 5.8 | 1:18 | 0.0 | 1:47 | -0.2 | 6:17 | 5:54 | |
| 9 | Sun | 8:54 | 5.8 | 9:20 | 6.0 | 3:02 | -0.2 | 3:26 | -0.3 | 7:16 | 6:55 | |
| 10 | Mon | 9:33 | 5.8 | 9:58 | 6.1 | 3:45 | -0.4 | 4:05 | -0.3 | 7:14 | 6:56 | |
| 11 | Tue | 10:14 | 5.8 | 10:38 | 6.2 | 4:28 | -0.4 | 4:43 | -0.3 | 7:13 | 6:57 | |
| 12 | Wed | 10:58 | 5.6 | 11:23 | 6.1 | 5:11 | -0.4 | 5:23 | -0.1 | 7:11 | 6:58 | |
| 13 | Thu | 11:47 | 5.4 | | | 5:56 | -0.2 | 6:05 | 0.1 | 7:09 | 6:59 | |
| 14 | Fri | 12:14 | 6.0 | 12:43 | 5.2 | 6:47 | 0.0 | 6:55 | 0.3 | 7:08 | 7:00 | |
| 15 | Sat | 1:11 | 5.9 | 1:44 | 5.0 | 7:46 | 0.3 | 7:58 | 0.5 | 7:06 | 7:01 | |
| 16 | Sun | 2:13 | 5.7 | 2:48 | 5.0 | 8:55 | 0.4 | 9:11 | 0.6 | 7:04 | 7:02 | |
| 17 | Mon | 3:17 | 5.7 | 3:53 | 5.1 | 10:05 | 0.4 | 10:24 | 0.5 | 7:03 | 7:03 | |
| 18 | Tue | 4:22 | 5.7 | 4:57 | 5.3 | 11:10 | 0.1 | 11:29 | 0.2 | 7:01 | 7:04 | |
| 19 | Wed | 5:26 | 5.8 | 5:59 | 5.6 | | | 12:07 | -0.2 | 7:00 | 7:06 | |
| 20 | Thu | 6:26 | 6.0 | 6:55 | 6.0 | 12:27 | -0.1 | 12:58 | -0.5 | 6:58 | 7:07 | |
| 21 | Fri | 7:20 | 6.2 | 7:46 | 6.3 | 1:20 | -0.3 | 1:47 | -0.7 | 6:56 | 7:08 | |
| 22 | Sat | 8:09 | 6.2 | 8:32 | 6.5 | 2:10 | -0.5 | 2:32 | -0.7 | 6:55 | 7:09 | |
| 23 | Sun | 8:55 | 6.2 | 9:14 | 6.6 | 2:57 | -0.6 | 3:15 | -0.7 | 6:53 | 7:10 | |
| 24 | Mon | 9:38 | 6.1 | 9:55 | 6.5 | 3:42 | -0.5 | 3:56 | -0.5 | 6:51 | 7:11 | |
| 25 | Tue | 10:21 | 5.8 | 10:35 | 6.2 | 4:24 | -0.4 | 4:35 | -0.2 | 6:50 | 7:12 | |
| 26 | Wed | 11:03 | 5.5 | 11:15 | 5.9 | 5:05 | -0.2 | 5:14 | 0.1 | 6:48 | 7:13 | |
| 27 | Thu | 11:47 | 5.1 | 11:57 | 5.6 | 5:45 | 0.2 | 5:52 | 0.4 | 6:46 | 7:14 | |
| 28 | Fri | | | 12:34 | 4.8 | 6:25 | 0.5 | 6:31 | 0.7 | 6:45 | 7:15 | |
| 29 | Sat | 12:42 | 5.3 | 1:24 | 4.6 | 7:10 | 0.8 | 7:17 | 1.1 | 6:43 | 7:16 | |
| 30 | Sun | 1:30 | 5.0 | 2:16 | 4.5 | 8:03 | 1.1 | 8:12 | 1.3 | 6:41 | 7:17 | |
| 31 | Mon | 2:23 | 4.9 | 3:11 | 4.4 | 9:05 | 1.2 | 9:18 | 1.4 | 6:40 | 7:18 | |