































## Rockaway Beach (inside), NY - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:20	5.2	1:01	5.3	6:43	0.7	7:07	1.2	5:52	8:10	
2	Tue	1:04	5.0	1:46	5.3	7:23	0.9	7:57	1.3	5:53	8:09	
3	Wed	1:53	4.8	2:32	5.3	8:10	1.1	8:56	1.4	5:54	8:08	
4	Thu	2:45	4.7	3:21	5.4	9:07	1.1	10:00	1.3	5:55	8:07	
5	Fri	3:40	4.7	4:14	5.6	10:08	1.1	11:01	1.0	5:56	8:05	
6	Sat	4:39	4.8	5:09	5.8	11:07	0.9	11:57	0.7	5:57	8:04	
7	Sun	5:38	5.0	6:05	6.1			12:02	0.7	5:58	8:03	
8	Mon	6:35	5.3	6:59	6.5	12:50	0.3	12:55	0.4	5:59	8:02	
9	Tue	7:29	5.6	7:50	6.8	1:40	0.0	1:47	0.1	6:00	8:00	
10	Wed	8:19	6.0	8:39	7.0	2:30	-0.4	2:38	-0.1	6:01	7:59	
11	Thu	9:07	6.3	9:27	7.0	3:18	-0.6	3:30	-0.3	6:02	7:58	
12	Fri	9:55	6.5	10:16	6.9	4:05	-0.7	4:20	-0.3	6:03	7:57	
13	Sat	10:45	6.6	11:06	6.6	4:51	-0.8	5:11	-0.3	6:04	7:55	
14	Sun	11:37	6.6			5:37	-0.6	6:02	-0.1	6:05	7:54	
15	Mon	12:00	6.3	12:31	6.5	6:25	-0.4	6:56	0.2	6:06	7:52	
16	Tue	12:56	6.0	1:26	6.4	7:16	-0.1	7:55	0.5	6:07	7:51	
17	Wed	1:54	5.7	2:23	6.2	8:12	0.2	8:59	0.7	6:08	7:50	
18	Thu	2:52	5.5	3:20	6.1	9:13	0.4	10:05	0.7	6:09	7:48	
19	Fri	3:52	5.3	4:18	6.0	10:15	0.5	11:07	0.6	6:10	7:47	
20	Sat	4:51	5.3	5:15	6.1	11:14	0.5			6:11	7:45	
21	Sun	5:50	5.4	6:11	6.1	12:03	0.5	12:07	0.4	6:12	7:44	
22	Mon	6:45	5.6	7:03	6.2	12:53	0.3	12:57	0.3	6:13	7:42	
23	Tue	7:35	5.7	7:49	6.3	1:39	0.2	1:44	0.3	6:14	7:41	
24	Wed	8:20	5.9	8:32	6.3	2:23	0.1	2:29	0.3	6:15	7:39	
25	Thu	9:02	6.0	9:12	6.2	3:04	0.0	3:12	0.3	6:16	7:38	
26	Fri	9:42	5.9	9:49	6.0	3:43	0.1	3:54	0.4	6:17	7:36	
27	Sat	10:20	5.9	10:26	5.7	4:20	0.2	4:34	0.5	6:18	7:35	
28	Sun	10:57	5.7	11:02	5.5	4:56	0.4	5:12	0.7	6:19	7:33	
29	Mon	11:35	5.6	11:40	5.2	5:30	0.6	5:51	0.9	6:20	7:32	
30	Tue			12:14	5.4	6:03	0.8	6:30	1.1	6:21	7:30	
31	Wed	12:22	5.0	12:56	5.4	6:38	1.0	7:16	1.3	6:22	7:28	