
































## Rockaway Beach (inside), NY - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:32	6.0	5:04	5.3	11:15	-0.3	11:27	-0.6	7:18	4:39	
2	Mon	5:30	6.2	6:02	5.5			12:10	-0.6	7:18	4:39	
3	Tue	6:24	6.4	6:55	5.7	12:20	-0.7	1:02	-0.8	7:18	4:40	
4	Wed	7:14	6.5	7:45	5.7	1:10	-0.8	1:52	-0.9	7:18	4:41	
5	Thu	8:01	6.5	8:32	5.7	1:58	-0.8	2:39	-0.9	7:18	4:42	
6	Fri	8:46	6.3	9:17	5.6	2:45	-0.7	3:23	-0.7	7:18	4:43	
7	Sat	9:29	6.0	10:03	5.4	3:29	-0.5	4:05	-0.6	7:18	4:44	
8	Sun	10:13	5.7	10:49	5.2	4:12	-0.2	4:46	-0.3	7:18	4:45	
9	Mon	10:58	5.3	11:36	5.0	4:54	0.1	5:26	0.0	7:18	4:46	
10	Tue	11:44	5.0			5:38	0.4	6:08	0.3	7:18	4:47	
11	Wed	12:23	4.9	12:32	4.7	6:26	0.7	6:54	0.5	7:17	4:48	
12	Thu	1:12	4.8	1:22	4.5	7:20	0.9	7:46	0.7	7:17	4:49	
13	Fri	2:01	4.7	2:15	4.3	8:21	0.9	8:44	0.7	7:17	4:50	
14	Sat	2:52	4.8	3:09	4.3	9:22	0.8	9:40	0.6	7:16	4:51	
15	Sun	3:44	4.9	4:06	4.3	10:20	0.6	10:34	0.5	7:16	4:52	
16	Mon	4:36	5.1	5:01	4.5	11:12	0.3	11:23	0.3	7:16	4:54	
17	Tue	5:27	5.3	5:53	4.7			12:02	0.0	7:15	4:55	
18	Wed	6:15	5.6	6:40	5.0	12:11	0.1	12:50	-0.3	7:15	4:56	
19	Thu	7:00	5.9	7:25	5.2	12:57	-0.2	1:36	-0.5	7:14	4:57	
20	Fri	7:43	6.2	8:08	5.4	1:43	-0.3	2:21	-0.7	7:13	4:58	
21	Sat	8:25	6.3	8:51	5.6	2:28	-0.5	3:05	-0.8	7:13	4:59	
22	Sun	9:09	6.3	9:36	5.7	3:13	-0.5	3:48	-0.8	7:12	5:01	
23	Mon	9:55	6.1	10:23	5.7	3:58	-0.5	4:32	-0.8	7:12	5:02	
24	Tue	10:45	5.9	11:15	5.7	4:46	-0.4	5:17	-0.6	7:11	5:03	
25	Wed	11:40	5.6			5:37	-0.2	6:06	-0.4	7:10	5:04	
26	Thu	12:11	5.6	12:38	5.3	6:34	0.1	7:01	-0.2	7:09	5:05	
27	Fri	1:09	5.6	1:38	5.1	7:41	0.2	8:04	0.0	7:08	5:07	
28	Sat	2:08	5.6	2:40	5.0	8:51	0.3	9:10	0.0	7:08	5:08	
29	Sun	3:09	5.6	3:44	5.0	9:58	0.1	10:12	-0.1	7:07	5:09	
30	Mon	4:10	5.7	4:46	5.1	10:58	-0.1	11:09	-0.3	7:06	5:10	
31	Tue	5:10	5.8	5:45	5.3	11:53	-0.3			7:05	5:11	