
























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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:49	5.6	5:25	5.3	11:33	0.0	11:43	0.0	6:28	5:46	
2	Thu	5:45	5.7	6:18	5.5			12:22	-0.2	6:26	5:47	
3	Fri	6:35	5.9	7:05	5.8	12:32	-0.2	1:07	-0.4	6:25	5:48	
4	Sat	7:20	5.9	7:47	5.9	1:18	-0.3	1:49	-0.4	6:23	5:49	
5	Sun	8:01	5.9	8:27	5.9	2:01	-0.3	2:29	-0.4	6:22	5:51	
6	Mon	8:40	5.8	9:05	5.9	2:43	-0.3	3:06	-0.3	6:20	5:52	
7	Tue	9:18	5.6	9:42	5.7	3:22	-0.2	3:42	-0.1	6:19	5:53	
8	Wed	9:55	5.3	10:19	5.5	4:00	0.0	4:16	0.1	6:17	5:54	
9	Thu	10:32	5.0	10:56	5.3	4:37	0.2	4:49	0.4	6:15	5:55	
10	Fri	11:12	4.8	11:35	5.1	5:15	0.5	5:23	0.7	6:14	5:56	
11	Sat	11:56	4.6			5:55	0.7	5:59	0.9	6:12	5:57	
12	Sun	12:19	5.0	1:48	4.4	7:45	0.9	7:48	1.1	7:11	6:58	
13	Mon	2:11	4.9	2:45	4.4	8:49	1.0	8:59	1.2	7:09	6:59	
14	Tue	3:08	4.9	3:45	4.5	9:59	0.9	10:13	1.1	7:07	7:00	
15	Wed	4:09	5.1	4:47	4.7	11:03	0.7	11:17	0.8	7:06	7:02	
16	Thu	5:11	5.4	5:47	5.0	11:59	0.3			7:04	7:03	
17	Fri	6:11	5.7	6:42	5.5	12:14	0.4	12:51	-0.1	7:02	7:04	
18	Sat	7:07	6.1	7:34	6.0	1:08	-0.1	1:40	-0.5	7:01	7:05	
19	Sun	7:58	6.4	8:22	6.5	2:00	-0.5	2:28	-0.8	6:59	7:06	
20	Mon	8:47	6.6	9:09	6.8	2:50	-0.8	3:15	-1.0	6:57	7:07	
21	Tue	9:35	6.6	9:56	6.9	3:41	-1.0	4:02	-1.0	6:56	7:08	
22	Wed	10:24	6.4	10:45	6.9	4:30	-1.0	4:48	-0.9	6:54	7:09	
23	Thu	11:15	6.2	11:35	6.7	5:19	-0.8	5:35	-0.7	6:52	7:10	
24	Fri			12:09	5.9	6:09	-0.5	6:24	-0.4	6:51	7:11	
25	Sat	12:29	6.4	1:06	5.6	7:03	-0.2	7:18	0.0	6:49	7:12	
26	Sun	1:26	6.0	2:05	5.3	8:02	0.2	8:18	0.4	6:48	7:13	
27	Mon	2:25	5.7	3:05	5.2	9:07	0.4	9:23	0.6	6:46	7:14	
28	Tue	3:24	5.5	4:05	5.2	10:13	0.5	10:28	0.6	6:44	7:15	
29	Wed	4:24	5.4	5:04	5.3	11:13	0.4	11:27	0.5	6:43	7:16	
30	Thu	5:23	5.4	6:01	5.4			12:06	0.2	6:41	7:17	
31	Fri	6:18	5.5	6:52	5.7	12:20	0.3	12:53	0.1	6:39	7:18	