

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:57	5.0			5:48	0.6	6:24	0.3	7:18	4:38	
2	Fri	12:40	4.8	12:46	4.6	6:38	0.8	7:10	0.5	7:18	4:39	
3	Sat	1:28	4.8	1:36	4.4	7:35	1.0	8:00	0.7	7:18	4:40	
4	Sun	2:16	4.8	2:27	4.2	8:36	1.0	8:54	0.7	7:18	4:41	
5	Mon	3:05	4.9	3:21	4.1	9:36	0.9	9:48	0.7	7:18	4:42	
6	Tue	3:55	5.0	4:17	4.2	10:31	0.7	10:39	0.6	7:18	4:43	
7	Wed	4:46	5.1	5:12	4.3	11:22	0.5	11:28	0.5	7:18	4:44	
8	Thu	5:35	5.3	6:03	4.5			12:10	0.2	7:18	4:45	
9	Fri	6:22	5.5	6:49	4.6	12:14	0.3	12:58	0.0	7:18	4:46	
10	Sat	7:06	5.7	7:32	4.8	1:00	0.2	1:44	-0.2	7:18	4:47	
11	Sun	7:47	5.9	8:14	4.9	1:44	0.0	2:29	-0.3	7:17	4:48	
12	Mon	8:28	6.0	8:55	5.0	2:27	-0.1	3:13	-0.4	7:17	4:49	
13	Tue	9:09	6.0	9:39	5.1	3:10	-0.1	3:54	-0.5	7:17	4:50	
14	Wed	9:53	5.9	10:25	5.2	3:54	-0.1	4:35	-0.5	7:16	4:51	
15	Thu	10:41	5.7	11:16	5.3	4:40	0.0	5:17	-0.4	7:16	4:52	
16	Fri	11:34	5.4			5:30	0.1	6:02	-0.2	7:16	4:53	
17	Sat	12:10	5.4	12:32	5.1	6:27	0.3	6:54	0.0	7:15	4:55	
18	Sun	1:06	5.4	1:32	4.8	7:35	0.5	7:56	0.1	7:15	4:56	
19	Mon	2:05	5.5	2:35	4.7	8:48	0.5	9:02	0.2	7:14	4:57	
20	Tue	3:05	5.5	3:40	4.6	9:57	0.3	10:06	0.1	7:14	4:58	
21	Wed	4:08	5.6	4:46	4.7	11:00	0.1	11:06	0.0	7:13	4:59	
22	Thu	5:10	5.7	5:47	4.9	11:57	-0.1			7:12	5:00	
23	Fri	6:08	5.9	6:43	5.1	12:01	-0.2	12:51	-0.3	7:12	5:02	
24	Sat	7:01	6.1	7:33	5.3	12:53	-0.4	1:41	-0.5	7:11	5:03	
25	Sun	7:48	6.1	8:19	5.4	1:42	-0.4	2:27	-0.6	7:10	5:04	
26	Mon	8:32	6.1	9:03	5.4	2:29	-0.4	3:10	-0.6	7:09	5:05	
27	Tue	9:14	5.9	9:46	5.3	3:12	-0.3	3:49	-0.5	7:09	5:06	
28	Wed	9:54	5.6	10:28	5.2	3:54	-0.1	4:26	-0.3	7:08	5:08	
29	Thu	10:35	5.2	11:10	5.1	4:34	0.1	5:01	-0.1	7:07	5:09	
30	Fri	11:16	4.9	11:53	5.0	5:15	0.3	5:36	0.2	7:06	5:10	
31	Sat			12:00	4.5	5:57	0.6	6:13	0.5	7:05	5:11	