

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:19	4.6	11:43	5.1	5:21	0.5	5:24	0.7	6:28	5:46	
2	Mon			12:03	4.3	6:01	0.8	5:59	1.0	6:27	5:47	
3	Tue	12:26	4.9	12:54	4.1	6:50	1.0	6:45	1.2	6:25	5:48	
4	Wed	1:17	4.7	1:52	4.0	7:57	1.2	7:58	1.4	6:24	5:49	
5	Thu	2:15	4.7	2:55	4.0	9:11	1.2	9:17	1.3	6:22	5:50	
6	Fri	3:18	4.8	3:59	4.2	10:17	0.9	10:22	1.0	6:20	5:52	
7	Sat	4:22	5.1	5:00	4.5	11:14	0.5	11:19	0.7	6:19	5:53	
8	Sun	6:22	5.5	6:55	5.0			1:05	0.1	7:17	6:54	
9	Mon	7:15	5.9	7:44	5.5	1:12	0.2	1:52	-0.3	7:16	6:55	
10	Tue	8:04	6.2	8:30	6.0	2:02	-0.2	2:37	-0.6	7:14	6:56	
11	Wed	8:50	6.4	9:14	6.4	2:52	-0.5	3:21	-0.8	7:12	6:57	
12	Thu	9:35	6.3	9:58	6.6	3:40	-0.7	4:03	-0.9	7:11	6:58	
13	Fri	10:21	6.1	10:43	6.6	4:28	-0.7	4:46	-0.8	7:09	6:59	
14	Sat	11:10	5.8	11:31	6.5	5:16	-0.6	5:29	-0.5	7:08	7:00	
15	Sun			12:03	5.5	6:05	-0.3	6:16	-0.2	7:06	7:01	
16	Mon	12:24	6.2	1:00	5.1	6:58	0.0	7:08	0.2	7:04	7:02	
17	Tue	1:21	5.9	2:01	4.9	7:59	0.4	8:09	0.6	7:03	7:03	
18	Wed	2:21	5.5	3:04	4.7	9:10	0.7	9:20	0.8	7:01	7:05	
19	Thu	3:25	5.3	4:09	4.7	10:22	0.7	10:30	0.8	6:59	7:06	
20	Fri	4:30	5.3	5:13	4.8	11:26	0.6	11:33	0.7	6:58	7:07	
21	Sat	5:33	5.3	6:13	5.1			12:21	0.3	6:56	7:08	
22	Sun	6:30	5.5	7:05	5.4	12:28	0.4	1:08	0.1	6:54	7:09	
23	Mon	7:20	5.6	7:51	5.7	1:17	0.2	1:51	-0.1	6:53	7:10	
24	Tue	8:04	5.7	8:32	6.0	2:02	0.1	2:30	-0.2	6:51	7:11	
25	Wed	8:44	5.7	9:09	6.1	2:45	0.0	3:07	-0.2	6:49	7:12	
26	Thu	9:22	5.6	9:44	6.1	3:26	-0.1	3:42	-0.1	6:48	7:13	
27	Fri	9:57	5.4	10:18	5.9	4:04	0.0	4:16	0.1	6:46	7:14	
28	Sat	10:33	5.2	10:50	5.7	4:41	0.1	4:48	0.4	6:45	7:15	
29	Sun	11:08	4.9	11:22	5.5	5:17	0.3	5:18	0.7	6:43	7:16	
30	Mon	11:45	4.7	11:56	5.3	5:52	0.5	5:48	0.9	6:41	7:17	
31	Tue			12:27	4.4	6:29	0.8	6:18	1.2	6:40	7:18	