

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:16	5.3	3:52	6.2	9:45	0.3	10:36	0.7	5:28	8:30	
2	Thu	4:18	5.2	4:50	6.4	10:45	0.3	11:40	0.5	5:28	8:29	
3	Fri	5:22	5.2	5:50	6.6	11:44	0.2			5:29	8:29	
4	Sat	6:26	5.3	6:49	6.7	12:40	0.2	12:41	0.1	5:30	8:29	
5	Sun	7:26	5.4	7:46	6.8	1:37	0.0	1:38	0.0	5:30	8:29	
6	Mon	8:23	5.6	8:39	6.8	2:32	-0.2	2:33	0.0	5:31	8:29	
7	Tue	9:16	5.7	9:30	6.8	3:26	-0.3	3:26	0.0	5:31	8:28	
8	Wed	10:07	5.7	10:18	6.6	4:16	-0.3	4:16	0.1	5:32	8:28	
9	Thu	10:58	5.6	11:06	6.3	5:02	-0.3	5:04	0.3	5:33	8:28	
10	Fri	11:48	5.6	11:54	6.0	5:46	-0.1	5:51	0.5	5:33	8:27	
11	Sat			12:37	5.5	6:28	0.1	6:37	0.8	5:34	8:27	
12	Sun	12:42	5.6	1:25	5.5	7:09	0.3	7:26	1.0	5:35	8:26	
13	Mon	1:30	5.2	2:12	5.5	7:52	0.6	8:19	1.2	5:36	8:26	
14	Tue	2:18	4.9	2:57	5.5	8:38	0.8	9:16	1.3	5:36	8:25	
15	Wed	3:07	4.7	3:44	5.5	9:28	0.9	10:14	1.3	5:37	8:25	
16	Thu	3:58	4.6	4:32	5.5	10:20	1.0	11:10	1.1	5:38	8:24	
17	Fri	4:53	4.5	5:23	5.6	11:12	1.0			5:39	8:23	
18	Sat	5:48	4.5	6:13	5.7	12:02	1.0	12:03	1.0	5:39	8:23	
19	Sun	6:42	4.6	7:02	5.8	12:52	0.8	12:52	0.9	5:40	8:22	
20	Mon	7:32	4.8	7:48	6.0	1:41	0.6	1:39	0.9	5:41	8:21	
21	Tue	8:18	4.9	8:30	6.1	2:28	0.4	2:25	0.8	5:42	8:21	
22	Wed	9:01	5.0	9:10	6.2	3:14	0.2	3:10	0.7	5:43	8:20	
23	Thu	9:42	5.2	9:50	6.3	3:57	0.1	3:53	0.7	5:44	8:19	
24	Fri	10:24	5.3	10:31	6.2	4:38	0.0	4:37	0.6	5:45	8:18	
25	Sat	11:07	5.5	11:16	6.1	5:17	0.0	5:21	0.6	5:46	8:17	
26	Sun	11:54	5.7			5:56	0.0	6:07	0.7	5:46	8:16	
27	Mon	12:05	5.8	12:44	5.8	6:37	0.1	6:59	0.8	5:47	8:15	
28	Tue	1:00	5.5	1:36	6.0	7:22	0.2	8:00	0.9	5:48	8:14	
29	Wed	1:58	5.3	2:32	6.1	8:16	0.4	9:09	0.9	5:49	8:13	
30	Thu	2:58	5.1	3:29	6.2	9:19	0.5	10:20	0.8	5:50	8:12	
31	Fri	4:01	5.0	4:30	6.2	10:25	0.5	11:26	0.7	5:51	8:11	