

































Rockaway Beach (inside), NY - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:41	6.2	6:19	5.1			12:29	-0.4	7:18	4:39	
2	Mon	6:38	6.5	7:13	5.4	12:31	-0.5	1:23	-0.7	7:18	4:40	
3	Tue	7:31	6.8	8:04	5.6	1:25	-0.8	2:15	-0.9	7:18	4:41	
4	Wed	8:21	6.8	8:55	5.7	2:18	-0.9	3:05	-1.0	7:18	4:42	
5	Thu	9:11	6.7	9:46	5.8	3:10	-0.9	3:54	-1.1	7:18	4:42	
6	Fri	10:01	6.4	10:39	5.7	4:00	-0.8	4:40	-0.9	7:18	4:43	
7	Sat	10:52	6.0	11:32	5.6	4:50	-0.5	5:27	-0.7	7:18	4:44	
8	Sun	11:45	5.6			5:42	-0.2	6:14	-0.4	7:18	4:45	
9	Mon	12:25	5.5	12:39	5.2	6:36	0.2	7:05	-0.1	7:18	4:46	
10	Tue	1:18	5.4	1:34	4.8	7:36	0.4	8:00	0.2	7:18	4:47	
11	Wed	2:10	5.3	2:30	4.5	8:39	0.6	8:57	0.4	7:17	4:48	
12	Thu	3:04	5.2	3:27	4.4	9:41	0.6	9:54	0.5	7:17	4:50	
13	Fri	3:58	5.2	4:25	4.3	10:38	0.5	10:47	0.5	7:17	4:51	
14	Sat	4:54	5.2	5:21	4.4	11:30	0.4	11:36	0.4	7:16	4:52	
15	Sun	5:46	5.3	6:13	4.5			12:18	0.2	7:16	4:53	
16	Mon	6:34	5.4	6:59	4.7	12:23	0.3	1:04	0.1	7:15	4:54	
17	Tue	7:18	5.5	7:41	4.8	1:07	0.2	1:47	0.0	7:15	4:55	
18	Wed	7:57	5.5	8:21	4.8	1:50	0.2	2:28	-0.1	7:14	4:56	
19	Thu	8:32	5.5	8:58	4.8	2:31	0.2	3:07	-0.2	7:14	4:57	
20	Fri	9:06	5.4	9:33	4.8	3:09	0.3	3:43	-0.1	7:13	4:59	
21	Sat	9:38	5.2	10:07	4.8	3:45	0.4	4:16	-0.1	7:13	5:00	
22	Sun	10:12	5.1	10:43	4.8	4:20	0.5	4:48	0.1	7:12	5:01	
23	Mon	10:50	4.9	11:23	4.9	4:55	0.6	5:20	0.2	7:11	5:02	
24	Tue	11:37	4.7			5:34	0.6	5:55	0.4	7:11	5:03	
25	Wed	12:10	5.0	12:34	4.5	6:25	0.7	6:42	0.5	7:10	5:05	
26	Thu	1:04	5.1	1:37	4.3	7:37	0.8	7:50	0.6	7:09	5:06	
27	Fri	2:04	5.2	2:44	4.3	8:59	0.7	9:07	0.5	7:08	5:07	
28	Sat	3:10	5.4	3:53	4.4	10:11	0.5	10:16	0.3	7:07	5:08	
29	Sun	4:17	5.7	5:00	4.7	11:15	0.1	11:18	-0.1	7:06	5:09	
30	Mon	5:22	6.0	6:01	5.1			12:12	-0.3	7:06	5:11	
31	Tue	6:22	6.4	6:57	5.5	12:15	-0.5	1:06	-0.7	7:05	5:12	