US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:04	6.3	6:39	5.9	12:00	-0.4	12:45	-0.7	6:27	5:46	
2	Thu	6:57	6.5	7:29	6.3	12:55	-0.7	1:33	-1.0	6:26	5:48	
3	Fri	7:46	6.6	8:16	6.6	1:46	-0.9	2:19	-1.1	6:24	5:49	
4	Sat	8:32	6.5	9:01	6.6	2:35	-0.9	3:02	-1.0	6:23	5:50	
5	Sun	9:17	6.2	9:44	6.5	3:22	-0.9	3:43	-0.8	6:21	5:51	
6	Mon	10:02	5.8	10:28	6.2	4:07	-0.6	4:23	-0.4	6:20	5:52	
7	Tue	10:49	5.4	11:14	5.9	4:51	-0.3	5:03	0.0	6:18	5:53	
8	Wed	11:38	4.9			5:35	0.1	5:44	0.5	6:16	5:54	
9	Thu	12:02	5.5	12:30	4.6	6:23	0.6	6:31	0.9	6:15	5:55	
10	Fri	12:53	5.1	1:24	4.3	7:20	0.9	7:29	1.2	6:13	5:56	
11	Sat	1:49	4.9	2:22	4.2	8:25	1.1	8:37	1.3	6:12	5:58	
12	Sun	3:47	4.7	4:22	4.2	10:32	1.1	10:43	1.3	7:10	6:59	
13	Mon	4:47	4.7	5:22	4.4	11:30	0.9	11:41	1.1	7:08	7:00	
14	Tue	5:45	4.9	6:18	4.6			12:21	0.7	7:07	7:01	
15	Wed	6:38	5.1	7:07	5.0	12:32	0.8	1:06	0.4	7:05	7:02	
16	Thu	7:23	5.3	7:49	5.3	1:19	0.6	1:48	0.1	7:03	7:03	
17	Fri	8:04	5.5	8:27	5.6	2:03	0.4	2:27	-0.1	7:02	7:04	
18	Sat	8:42	5.5	9:01	5.8	2:45	0.2	3:05	-0.1	7:00	7:05	
19	Sun	9:18	5.5	9:34	5.9	3:26	0.1	3:42	-0.1	6:59	7:06	
20	Mon	9:54	5.4	10:07	6.0	4:05	0.0	4:17	0.0	6:57	7:07	
21	Tue	10:32	5.3	10:44	6.0	4:44	0.0	4:51	0.1	6:55	7:08	
22	Wed	11:14	5.1	11:26	6.0	5:24	0.1	5:27	0.3	6:54	7:09	
23	Thu			12:03	4.9	6:07	0.3	6:08	0.5	6:52	7:10	
24	Fri	12:17	5.8	1:01	4.7	6:58	0.5	6:59	0.7	6:50	7:11	
25	Sat	1:17	5.7	2:06	4.6	8:04	0.7	8:08	0.8	6:49	7:12	
26	Sun	2:23	5.6	3:12	4.7	9:20	0.8	9:28	0.8	6:47	7:14	
27	Mon	3:31	5.6	4:19	4.9	10:33	0.6	10:42	0.6	6:45	7:15	
28	Tue	4:38	5.7	5:24	5.3	11:34	0.2	11:46	0.2	6:44	7:16	
29	Wed	5:43	5.9	6:23	5.8			12:28	-0.2	6:42	7:17	
30	Thu	6:42	6.1	7:17	6.3	12:43	-0.1	1:18	-0.5	6:40	7:18	
31	Fri	7:35	6.2	8:06	6.6	1:37	-0.4	2:04	-0.7	6:39	7:19	