US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:13	5.0	10:21	5.8	4:20	0.3	4:19	0.9	5:28	8:30	
2	Sun	10:54	4.9	10:58	5.6	5:00	0.4	4:58	1.0	5:29	8:29	
3	Mon	11:36	4.9	11:35	5.4	5:37	0.4	5:37	1.2	5:29	8:29	
4	Tue			12:17	4.9	6:12	0.5	6:16	1.3	5:30	8:29	
5	Wed	12:14	5.2	12:59	5.0	6:48	0.6	6:58	1.4	5:30	8:29	
6	Thu	12:58	5.0	1:42	5.1	7:26	0.7	7:48	1.5	5:31	8:28	
7	Fri	1:48	4.9	2:27	5.3	8:10	0.8	8:51	1.4	5:32	8:28	
8	Sat	2:42	4.7	3:15	5.5	9:03	0.9	9:59	1.3	5:32	8:28	
9	Sun	3:40	4.7	4:09	5.8	10:04	0.9	11:04	1.0	5:33	8:27	
10	Mon	4:43	4.7	5:07	6.1	11:05	0.7			5:34	8:27	
11	Tue	5:47	4.8	6:08	6.4	12:05	0.7	12:03	0.5	5:34	8:26	
12	Wed	6:48	5.1	7:07	6.7	1:02	0.3	1:00	0.3	5:35	8:26	
13	Thu	7:46	5.4	8:02	6.9	1:58	0.0	1:56	0.0	5:36	8:25	
14	Fri	8:40	5.7	8:55	7.1	2:52	-0.3	2:51	-0.2	5:37	8:25	
15	Sat	9:32	5.9	9:46	7.1	3:43	-0.5	3:45	-0.3	5:37	8:24	
16	Sun	10:24	6.1	10:36	6.9	4:32	-0.7	4:38	-0.3	5:38	8:24	
17	Mon	11:17	6.2	11:28	6.6	5:19	-0.7	5:29	-0.1	5:39	8:23	
18	Tue			12:10	6.3	6:05	-0.6	6:21	0.1	5:40	8:22	
19	Wed	12:20	6.2	1:03	6.3	6:51	-0.4	7:15	0.4	5:41	8:22	
20	Thu	1:14	5.8	1:55	6.2	7:39	0.0	8:12	0.6	5:42	8:21	
21	Fri	2:08	5.4	2:46	6.1	8:31	0.3	9:13	0.8	5:42	8:20	
22	Sat	3:02	5.1	3:38	6.0	9:26	0.6	10:15	0.9	5:43	8:19	
23	Sun	3:58	4.9	4:31	5.9	10:23	0.8	11:14	0.9	5:44	8:19	
24	Mon	4:56	4.8	5:26	5.8	11:18	0.8			5:45	8:18	
25	Tue	5:54	4.8	6:21	5.8	12:08	0.8	12:10	0.8	5:46	8:17	
26	Wed	6:49	4.8	7:12	5.9	12:58	0.7	12:59	0.8	5:47	8:16	
27	Thu	7:39	5.0	7:58	6.0	1:46	0.6	1:46	0.7	5:48	8:15	
28	Fri	8:25	5.1	8:40	6.0	2:31	0.4	2:31	0.7	5:49	8:14	
29	Sat	9:07	5.2	9:18	5.9	3:13	0.3	3:14	0.8	5:50	8:13	
30	Sun	9:47	5.2	9:54	5.8	3:53	0.3	3:55	0.9	5:51	8:12	
31	Mon	10:24	5.3	10:28	5.6	4:30	0.3	4:34	1.0	5:52	8:11	