US HARBORS www.USHarbors.com

Rockaway Beach (inside), NY - Aug 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:00	5.3	11:01	5.4	5:04	0.3	5:11	1.1	5:52	8:10	
2	Wed	11:35	5.3	11:37	5.2	5:37	0.4	5:47	1.1	5:53	8:09	
3	Thu			12:12	5.3	6:08	0.6	6:25	1.2	5:54	8:08	
4	Fri	12:20	5.0	12:54	5.4	6:41	0.8	7:09	1.3	5:55	8:06	
5	Sat	1:11	4.8	1:42	5.5	7:20	0.9	8:10	1.3	5:56	8:05	
6	Sun	2:09	4.7	2:37	5.7	8:14	1.0	9:25	1.3	5:57	8:04	
7	Mon	3:11	4.6	3:37	5.8	9:26	1.0	10:39	1.1	5:58	8:03	
8	Tue	4:17	4.7	4:42	6.1	10:38	0.9	11:44	0.8	5:59	8:02	
9	Wed	5:24	4.9	5:47	6.4	11:42	0.6			6:00	8:00	
10	Thu	6:28	5.2	6:49	6.7	12:43	0.3	12:42	0.2	6:01	7:59	
11	Fri	7:27	5.7	7:45	7.0	1:38	-0.1	1:39	-0.1	6:02	7:58	
12	Sat	8:21	6.1	8:37	7.1	2:30	-0.4	2:34	-0.3	6:03	7:56	
13	Sun	9:12	6.4	9:26	7.1	3:19	-0.7	3:28	-0.4	6:04	7:55	
14	Mon	10:02	6.6	10:15	6.9	4:06	-0.8	4:19	-0.4	6:05	7:54	
15	Tue	10:51	6.7	11:04	6.5	4:51	-0.8	5:09	-0.3	6:06	7:52	
16	Wed	11:40	6.6	11:54	6.1	5:35	-0.5	5:58	0.0	6:07	7:51	
17	Thu			12:31	6.4	6:19	-0.2	6:48	0.4	6:08	7:50	
18	Fri	12:47	5.6	1:22	6.2	7:04	0.2	7:42	0.7	6:09	7:48	
19	Sat	1:41	5.2	2:14	5.9	7:55	0.7	8:41	1.0	6:10	7:47	
20	Sun	2:36	4.9	3:08	5.7	8:52	1.0	9:46	1.2	6:11	7:45	
21	Mon	3:33	4.7	4:03	5.6	9:53	1.2	10:48	1.2	6:12	7:44	
22	Tue	4:31	4.7	5:00	5.5	10:53	1.2	11:44	1.0	6:13	7:42	
23	Wed	5:30	4.7	5:56	5.6	11:47	1.1			6:14	7:41	
24	Thu	6:25	4.9	6:48	5.8	12:34	0.8	12:36	0.9	6:15	7:39	
25	Fri	7:15	5.1	7:33	5.9	1:19	0.6	1:23	0.8	6:16	7:38	
26	Sat	8:00	5.3	8:14	5.9	2:02	0.4	2:07	0.7	6:17	7:36	
27	Sun	8:40	5.5	8:51	5.9	2:42	0.3	2:50	0.7	6:18	7:35	
28	Mon	9:16	5.6	9:25	5.8	3:20	0.2	3:30	0.7	6:19	7:33	
29	Tue	9:50	5.7	9:58	5.7	3:56	0.2	4:09	0.8	6:20	7:31	
30	Wed	10:22	5.7	10:32	5.5	4:30	0.3	4:45	0.8	6:21	7:30	
31	Thu	10:54	5.7	11:08	5.3	5:01	0.5	5:21	0.9	6:22	7:28	