

































Rockaway Beach (inside), NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:37	5.5	2:57	4.8	9:12	0.4	9:31	0.1	7:18	4:39	
2	Tue	3:34	5.5	3:58	4.7	10:14	0.3	10:28	0.1	7:18	4:39	
3	Wed	4:31	5.6	4:58	4.7	11:10	0.1	11:20	0.1	7:18	4:40	
4	Thu	5:27	5.7	5:54	4.8			12:02	0.0	7:18	4:41	
5	Fri	6:19	5.7	6:45	4.9	12:10	0.0	12:51	-0.2	7:18	4:42	
6	Sat	7:06	5.8	7:31	5.0	12:57	0.0	1:37	-0.2	7:18	4:43	
7	Sun	7:49	5.8	8:13	5.0	1:42	0.0	2:21	-0.3	7:18	4:44	
8	Mon	8:30	5.7	8:54	5.0	2:24	0.0	3:02	-0.3	7:18	4:45	
9	Tue	9:08	5.6	9:34	4.9	3:05	0.1	3:40	-0.2	7:18	4:46	
10	Wed	9:45	5.3	10:13	4.8	3:44	0.3	4:16	-0.1	7:18	4:47	
11	Thu	10:21	5.1	10:52	4.7	4:21	0.4	4:51	0.1	7:17	4:48	
12	Fri	10:59	4.8	11:32	4.7	4:58	0.6	5:25	0.3	7:17	4:49	
13	Sat	11:41	4.5			5:37	0.8	6:01	0.5	7:17	4:50	
14	Sun	12:14	4.7	12:28	4.3	6:22	1.0	6:43	0.6	7:16	4:51	
15	Mon	12:59	4.7	1:22	4.2	7:20	1.1	7:38	0.8	7:16	4:53	
16	Tue	1:49	4.8	2:21	4.1	8:32	1.0	8:43	0.8	7:16	4:54	
17	Wed	2:45	5.0	3:24	4.2	9:41	0.8	9:48	0.6	7:15	4:55	
18	Thu	3:45	5.2	4:27	4.3	10:44	0.5	10:46	0.3	7:15	4:56	
19	Fri	4:46	5.5	5:28	4.6	11:41	0.1	11:42	0.0	7:14	4:57	
20	Sat	5:45	5.9	6:23	5.0			12:34	-0.3	7:13	4:58	
21	Sun	6:40	6.3	7:15	5.4	12:35	-0.4	1:25	-0.6	7:13	4:59	
22	Mon	7:31	6.6	8:04	5.7	1:27	-0.7	2:14	-0.9	7:12	5:01	
23	Tue	8:19	6.7	8:52	5.9	2:19	-0.9	3:01	-1.1	7:11	5:02	
24	Wed	9:07	6.6	9:41	6.1	3:09	-1.0	3:47	-1.1	7:11	5:03	
25	Thu	9:55	6.3	10:31	6.1	3:59	-0.9	4:31	-1.0	7:10	5:04	
26	Fri	10:46	5.9	11:23	6.0	4:48	-0.7	5:16	-0.8	7:09	5:05	
27	Sat	11:39	5.5			5:40	-0.4	6:04	-0.4	7:08	5:07	
28	Sun	12:17	5.8	12:35	5.1	6:35	0.0	6:56	0.0	7:08	5:08	
29	Mon	1:11	5.6	1:33	4.7	7:37	0.3	7:56	0.3	7:07	5:09	
30	Tue	2:07	5.4	2:33	4.5	8:44	0.5	9:01	0.5	7:06	5:10	
31	Wed	3:06	5.2	3:34	4.4	9:50	0.5	10:03	0.5	7:05	5:12	