

































## Rockaway Beach (inside), NY - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:16	5.3	1:41	4.7	7:39	0.6	7:58	0.8	6:28	5:46	
2	Mon	2:09	5.1	2:37	4.5	8:42	0.8	9:00	0.9	6:26	5:47	
3	Tue	3:04	5.0	3:34	4.5	9:43	0.8	9:59	0.9	6:25	5:49	
4	Wed	4:01	5.0	4:31	4.6	10:38	0.6	10:53	0.7	6:23	5:50	
5	Thu	4:57	5.1	5:25	4.8	11:28	0.4	11:42	0.5	6:21	5:51	
6	Fri	5:48	5.3	6:14	5.1			12:15	0.2	6:20	5:52	
7	Sat	6:34	5.5	6:58	5.3	12:29	0.3	12:58	0.0	6:18	5:53	
8	Sun	8:15	5.6	8:37	5.5	1:13	0.2	2:40	-0.2	7:17	6:54	
9	Mon	8:53	5.7	9:13	5.6	2:55	0.1	3:20	-0.2	7:15	6:55	
10	Tue	9:29	5.7	9:48	5.7	3:35	0.0	3:57	-0.2	7:14	6:56	
11	Wed	10:05	5.6	10:21	5.7	4:14	0.0	4:34	-0.1	7:12	6:57	
12	Thu	10:41	5.5	10:57	5.8	4:52	0.0	5:08	0.0	7:10	6:58	
13	Fri	11:22	5.3	11:38	5.7	5:30	0.1	5:44	0.1	7:09	7:00	
14	Sat			12:09	5.1	6:11	0.2	6:23	0.3	7:07	7:01	
15	Sun	12:27	5.7	1:05	5.0	6:59	0.4	7:11	0.5	7:05	7:02	
16	Mon	1:24	5.6	2:07	4.9	8:02	0.6	8:17	0.6	7:04	7:03	
17	Tue	2:26	5.6	3:12	4.9	9:17	0.6	9:33	0.6	7:02	7:04	
18	Wed	3:32	5.7	4:17	5.1	10:30	0.4	10:44	0.4	7:00	7:05	
19	Thu	4:39	5.8	5:23	5.4	11:34	0.1	11:48	0.0	6:59	7:06	
20	Fri	5:44	6.0	6:24	5.8			12:31	-0.3	6:57	7:07	
21	Sat	6:45	6.3	7:20	6.2	12:46	-0.4	1:24	-0.6	6:56	7:08	
22	Sun	7:40	6.5	8:12	6.6	1:40	-0.7	2:14	-0.9	6:54	7:09	
23	Mon	8:30	6.6	8:59	6.8	2:32	-0.9	3:01	-1.0	6:52	7:10	
24	Tue	9:18	6.6	9:45	6.8	3:22	-0.9	3:47	-0.9	6:51	7:11	
25	Wed	10:04	6.4	10:30	6.7	4:09	-0.9	4:30	-0.7	6:49	7:12	
26	Thu	10:50	6.0	11:14	6.4	4:54	-0.7	5:12	-0.4	6:47	7:13	
27	Fri	11:37	5.7			5:38	-0.4	5:53	0.0	6:46	7:14	
28	Sat	12:00	6.0	12:26	5.3	6:23	0.0	6:35	0.4	6:44	7:15	
29	Sun	12:48	5.7	1:17	4.9	7:09	0.4	7:21	0.8	6:42	7:16	
30	Mon	1:38	5.3	2:09	4.7	8:02	0.7	8:15	1.1	6:41	7:17	
31	Tue	2:31	5.1	3:04	4.6	9:01	1.0	9:18	1.3	6:39	7:19	