

































## Rockaway Beach (inside), NY - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:35	5.8	7:07	5.0	12:33	-0.1	1:14	-0.2	7:18	4:38	
2	Sun	7:17	6.0	7:49	5.1	1:18	-0.2	2:00	-0.3	7:18	4:39	
3	Mon	7:58	6.1	8:31	5.1	2:01	-0.3	2:45	-0.4	7:18	4:40	
4	Tue	8:39	6.2	9:14	5.2	2:45	-0.3	3:29	-0.5	7:18	4:41	
5	Wed	9:23	6.2	10:01	5.2	3:29	-0.3	4:12	-0.5	7:18	4:42	
6	Thu	10:10	6.0	10:52	5.2	4:14	-0.2	4:57	-0.4	7:18	4:43	
7	Fri	11:02	5.8	11:47	5.2	5:02	-0.1	5:44	-0.3	7:18	4:44	
8	Sat	11:59	5.6			5:56	0.1	6:36	-0.1	7:18	4:45	
9	Sun	12:44	5.3	12:59	5.3	6:58	0.2	7:35	0.0	7:18	4:46	
10	Mon	1:42	5.4	2:00	5.1	8:07	0.3	8:38	0.0	7:18	4:47	
11	Tue	2:41	5.5	3:02	5.0	9:16	0.2	9:40	-0.1	7:17	4:48	
12	Wed	3:41	5.7	4:05	5.0	10:20	0.0	10:38	-0.2	7:17	4:49	
13	Thu	4:40	5.9	5:06	5.1	11:18	-0.3	11:32	-0.4	7:17	4:50	
14	Fri	5:37	6.1	6:04	5.3			12:12	-0.5	7:17	4:51	
15	Sat	6:30	6.2	6:56	5.4	12:24	-0.5	1:03	-0.6	7:16	4:52	
16	Sun	7:19	6.3	7:44	5.5	1:13	-0.5	1:52	-0.7	7:16	4:53	
17	Mon	8:05	6.2	8:30	5.4	2:00	-0.5	2:38	-0.7	7:15	4:54	
18	Tue	8:49	6.1	9:14	5.3	2:45	-0.4	3:21	-0.6	7:15	4:55	
19	Wed	9:31	5.9	9:57	5.2	3:28	-0.2	4:02	-0.5	7:14	4:57	
20	Thu	10:14	5.6	10:41	5.0	4:09	0.0	4:41	-0.2	7:14	4:58	
21	Fri	10:57	5.2	11:25	4.9	4:49	0.3	5:20	0.0	7:13	4:59	
22	Sat	11:41	4.9			5:31	0.5	5:59	0.3	7:12	5:00	
23	Sun	12:11	4.7	12:28	4.6	6:16	0.8	6:43	0.5	7:12	5:01	
24	Mon	12:58	4.7	1:17	4.4	7:09	1.0	7:33	0.7	7:11	5:03	
25	Tue	1:45	4.7	2:10	4.2	8:11	1.1	8:31	0.7	7:10	5:04	
26	Wed	2:35	4.7	3:05	4.2	9:16	1.0	9:29	0.7	7:10	5:05	
27	Thu	3:27	4.8	4:03	4.3	10:15	0.8	10:24	0.5	7:09	5:06	
28	Fri	4:22	5.0	5:00	4.4	11:10	0.5	11:16	0.3	7:08	5:07	
29	Sat	5:15	5.3	5:53	4.7			12:01	0.1	7:07	5:09	
30	Sun	6:06	5.7	6:42	5.0	12:05	0.0	12:50	-0.2	7:06	5:10	
31	Mon	6:54	6.0	7:28	5.3	12:54	-0.2	1:38	-0.5	7:05	5:11	