

































Rockaway Beach (inside), NY - Mar 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:20	6.5	7:51	6.1	1:21	-0.6	1:59	-0.8	6:27	5:47	
2	Thu	8:07	6.6	8:37	6.4	2:11	-0.8	2:45	-0.9	6:25	5:48	
3	Fri	8:54	6.6	9:24	6.5	3:00	-1.0	3:29	-1.0	6:24	5:49	
4	Sat	9:42	6.4	10:13	6.5	3:48	-0.9	4:14	-0.9	6:22	5:50	
5	Sun	10:32	6.1	11:04	6.3	4:37	-0.8	4:59	-0.6	6:21	5:51	
6	Mon	11:26	5.7	11:58	6.1	5:28	-0.5	5:47	-0.3	6:19	5:52	
7	Tue			12:23	5.3	6:23	-0.1	6:42	0.1	6:17	5:54	
8	Wed	12:55	5.9	1:23	5.1	7:25	0.2	7:44	0.4	6:16	5:55	
9	Thu	1:53	5.6	2:24	4.9	8:32	0.4	8:52	0.6	6:14	5:56	
10	Fri	2:54	5.5	3:26	4.8	9:39	0.4	9:57	0.6	6:13	5:57	
11	Sat	3:55	5.4	4:28	4.9	10:39	0.3	10:55	0.4	6:11	5:58	
12	Sun	5:55	5.5	6:26	5.1			12:32	0.1	7:09	6:59	
13	Mon	6:51	5.6	7:18	5.4	12:47	0.3	1:20	-0.1	7:08	7:00	
14	Tue	7:39	5.8	8:03	5.6	1:35	0.1	2:04	-0.2	7:06	7:01	
15	Wed	8:23	5.9	8:44	5.8	2:20	0.0	2:46	-0.3	7:05	7:02	
16	Thu	9:03	5.8	9:23	5.9	3:02	-0.1	3:24	-0.3	7:03	7:03	
17	Fri	9:41	5.7	9:59	5.8	3:42	-0.1	4:01	-0.2	7:01	7:04	
18	Sat	10:18	5.5	10:33	5.7	4:21	0.0	4:36	0.0	7:00	7:05	
19	Sun	10:54	5.3	11:07	5.6	4:57	0.2	5:10	0.2	6:58	7:06	
20	Mon	11:30	5.0	11:40	5.4	5:33	0.4	5:42	0.5	6:56	7:08	
21	Tue			12:09	4.7	6:08	0.6	6:15	0.7	6:55	7:09	
22	Wed	12:16	5.2	12:54	4.5	6:46	0.8	6:51	1.0	6:53	7:10	
23	Thu	1:00	5.1	1:47	4.4	7:33	1.0	7:39	1.2	6:51	7:11	
24	Fri	1:53	5.1	2:45	4.4	8:40	1.1	8:50	1.3	6:50	7:12	
25	Sat	2:53	5.1	3:47	4.5	9:56	1.0	10:06	1.1	6:48	7:13	
26	Sun	3:58	5.3	4:50	4.7	11:03	0.8	11:13	0.8	6:46	7:14	
27	Mon	5:04	5.5	5:51	5.1			12:01	0.4	6:45	7:15	
28	Tue	6:06	5.9	6:47	5.7	12:11	0.3	12:53	-0.1	6:43	7:16	
29	Wed	7:04	6.2	7:39	6.2	1:07	-0.1	1:43	-0.4	6:41	7:17	
30	Thu	7:57	6.5	8:28	6.7	2:00	-0.6	2:31	-0.7	6:40	7:18	
31	Fri	8:47	6.6	9:15	7.0	2:52	-0.9	3:18	-0.9	6:38	7:19	