

































Rockaway Beach (inside), NY - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:55	5.8	4:20	5.1	10:36	-0.1	10:52	-0.3	7:18	4:39	
2	Tue	4:55	6.1	5:22	5.3	11:34	-0.4	11:47	-0.5	7:18	4:40	
3	Wed	5:53	6.4	6:20	5.5			12:30	-0.7	7:18	4:41	
4	Thu	6:47	6.6	7:14	5.6	12:41	-0.7	1:23	-0.9	7:18	4:42	
5	Fri	7:39	6.7	8:05	5.7	1:33	-0.8	2:15	-1.0	7:18	4:42	
6	Sat	8:28	6.7	8:55	5.7	2:24	-0.8	3:05	-1.0	7:18	4:43	
7	Sun	9:16	6.5	9:44	5.5	3:13	-0.7	3:52	-0.9	7:18	4:44	
8	Mon	10:05	6.2	10:34	5.3	4:00	-0.5	4:38	-0.7	7:18	4:45	
9	Tue	10:54	5.8	11:25	5.1	4:46	-0.2	5:22	-0.4	7:18	4:46	
10	Wed	11:44	5.4			5:33	0.2	6:07	-0.1	7:18	4:47	
11	Thu	12:16	5.0	12:34	5.0	6:23	0.5	6:54	0.2	7:17	4:49	
12	Fri	1:06	4.9	1:26	4.7	7:19	0.8	7:45	0.4	7:17	4:50	
13	Sat	1:56	4.9	2:18	4.5	8:19	0.9	8:39	0.5	7:17	4:51	
14	Sun	2:46	4.9	3:11	4.3	9:20	0.9	9:33	0.5	7:16	4:52	
15	Mon	3:37	5.0	4:06	4.3	10:16	0.7	10:24	0.4	7:16	4:53	
16	Tue	4:28	5.1	5:01	4.4	11:08	0.5	11:13	0.3	7:15	4:54	
17	Wed	5:19	5.2	5:52	4.6	11:56	0.3			7:15	4:55	
18	Thu	6:06	5.4	6:39	4.7	12:00	0.2	12:43	0.1	7:14	4:56	
19	Fri	6:49	5.6	7:22	4.9	12:45	0.1	1:28	-0.1	7:14	4:57	
20	Sat	7:29	5.7	8:02	4.9	1:29	0.0	2:11	-0.2	7:13	4:59	
21	Sun	8:08	5.8	8:41	5.0	2:11	-0.1	2:53	-0.3	7:13	5:00	
22	Mon	8:45	5.9	9:20	5.0	2:52	-0.1	3:33	-0.3	7:12	5:01	
23	Tue	9:24	5.8	10:01	5.1	3:33	-0.1	4:12	-0.3	7:11	5:02	
24	Wed	10:06	5.7	10:46	5.1	4:14	0.0	4:50	-0.2	7:10	5:03	
25	Thu	10:54	5.5	11:36	5.2	4:58	0.1	5:31	-0.1	7:10	5:05	
26	Fri	11:48	5.3			5:47	0.2	6:17	0.0	7:09	5:06	
27	Sat	12:31	5.3	12:47	5.0	6:47	0.3	7:14	0.2	7:08	5:07	
28	Sun	1:29	5.4	1:49	4.9	7:58	0.4	8:21	0.2	7:07	5:08	
29	Mon	2:29	5.5	2:54	4.8	9:10	0.3	9:29	0.2	7:06	5:10	
30	Tue	3:31	5.7	4:00	4.8	10:18	0.1	10:32	0.0	7:05	5:11	
31	Wed	4:35	5.8	5:05	5.0	11:18	-0.2	11:31	-0.3	7:04	5:12	