

































Rockaway Beach (inside), NY - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:16	5.7	4:50	5.1	11:02	0.0	11:16	0.1	6:27	5:47	
2	Fri	5:19	5.9	5:50	5.3	11:57	-0.2			6:26	5:48	
3	Sat	6:15	6.1	6:43	5.6	12:11	-0.2	12:48	-0.5	6:24	5:49	
4	Sun	7:06	6.2	7:31	5.9	1:01	-0.3	1:35	-0.7	6:23	5:50	
5	Mon	7:51	6.3	8:14	6.0	1:49	-0.4	2:19	-0.7	6:21	5:51	
6	Tue	8:34	6.2	8:56	6.0	2:34	-0.4	2:59	-0.7	6:19	5:52	
7	Wed	9:15	6.0	9:35	5.9	3:16	-0.4	3:37	-0.5	6:18	5:53	
8	Thu	9:56	5.6	10:14	5.8	3:56	-0.2	4:14	-0.2	6:16	5:54	
9	Fri	10:37	5.3	10:54	5.5	4:35	0.1	4:49	0.1	6:15	5:55	
10	Sat	11:20	4.9	11:35	5.3	5:14	0.4	5:25	0.4	6:13	5:57	
11	Sun			1:06	4.6	6:55	0.7	7:04	0.8	7:11	6:58	
12	Mon	1:18	5.1	1:56	4.4	7:42	1.0	7:51	1.1	7:10	6:59	
13	Tue	2:06	4.9	2:49	4.2	8:42	1.2	8:53	1.3	7:08	7:00	
14	Wed	2:59	4.8	3:47	4.2	9:50	1.2	10:01	1.3	7:07	7:01	
15	Thu	3:56	4.8	4:46	4.3	10:55	1.1	11:03	1.1	7:05	7:02	
16	Fri	4:56	4.9	5:44	4.6	11:52	0.8	11:59	0.8	7:03	7:03	
17	Sat	5:55	5.2	6:38	4.9			12:43	0.4	7:02	7:04	
18	Sun	6:48	5.6	7:26	5.3	12:50	0.5	1:30	0.1	7:00	7:05	
19	Mon	7:37	5.9	8:11	5.7	1:39	0.1	2:15	-0.2	6:58	7:06	
20	Tue	8:23	6.1	8:53	6.1	2:27	-0.2	2:59	-0.4	6:57	7:07	
21	Wed	9:07	6.3	9:35	6.4	3:14	-0.5	3:41	-0.6	6:55	7:08	
22	Thu	9:51	6.2	10:18	6.5	4:01	-0.6	4:22	-0.6	6:53	7:09	
23	Fri	10:37	6.0	11:04	6.5	4:47	-0.6	5:05	-0.4	6:52	7:10	
24	Sat	11:27	5.8	11:54	6.4	5:35	-0.5	5:48	-0.2	6:50	7:12	
25	Sun			12:21	5.5	6:25	-0.2	6:37	0.1	6:48	7:13	
26	Mon	12:49	6.2	1:20	5.2	7:21	0.1	7:33	0.4	6:47	7:14	
27	Tue	1:48	5.9	2:22	5.0	8:24	0.4	8:40	0.7	6:45	7:15	
28	Wed	2:50	5.7	3:25	5.0	9:34	0.5	9:52	0.7	6:44	7:16	
29	Thu	3:53	5.6	4:29	5.0	10:42	0.4	11:00	0.6	6:42	7:17	
30	Fri	4:57	5.6	5:32	5.2	11:42	0.2	11:59	0.4	6:40	7:18	
31	Sat	5:58	5.7	6:30	5.5			12:35	0.0	6:39	7:19	