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# Sheepshead Bay, NY - Mar 2069

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 1:54 | 5.0 | 2:32 | 4.4 | 8:34 | 0.4 | 8:45 | 0.4 | 6:28 | 5:47 | |
| 2 | Sat | 2:56 | 4.9 | 3:35 | 4.4 | 9:39 | 0.3 | 9:49 | 0.4 | 6:26 | 5:48 | |
| 3 | Sun | 3:58 | 4.9 | 4:36 | 4.6 | 10:37 | 0.2 | 10:46 | 0.3 | 6:24 | 5:49 | |
| 4 | Mon | 4:56 | 4.9 | 5:32 | 4.8 | 11:28 | 0.0 | 11:37 | 0.2 | 6:23 | 5:50 | |
| 5 | Tue | 5:48 | 5.1 | 6:21 | 5.0 | | | 12:13 | -0.1 | 6:21 | 5:52 | |
| 6 | Wed | 6:35 | 5.1 | 7:04 | 5.2 | 12:24 | 0.0 | 12:55 | -0.2 | 6:20 | 5:53 | |
| 7 | Thu | 7:17 | 5.2 | 7:44 | 5.3 | 1:08 | -0.1 | 1:34 | -0.2 | 6:18 | 5:54 | |
| 8 | Fri | 7:56 | 5.1 | 8:21 | 5.3 | 1:50 | -0.1 | 2:11 | -0.2 | 6:17 | 5:55 | |
| 9 | Sat | 8:33 | 5.0 | 8:57 | 5.3 | 2:29 | -0.1 | 2:46 | -0.1 | 6:15 | 5:56 | |
| 10 | Sun | 10:09 | 4.9 | 10:31 | 5.2 | 4:07 | -0.1 | 4:20 | 0.0 | 7:13 | 6:57 | |
| 11 | Mon | 10:45 | 4.7 | 11:05 | 5.0 | 4:44 | 0.1 | 4:53 | 0.2 | 7:12 | 6:58 | |
| 12 | Tue | 11:21 | 4.5 | 11:40 | 4.9 | 5:20 | 0.2 | 5:26 | 0.4 | 7:10 | 6:59 | |
| 13 | Wed | | | 12:00 | 4.3 | 5:58 | 0.4 | 6:00 | 0.7 | 7:09 | 7:00 | |
| 14 | Thu | 12:20 | 4.8 | 12:45 | 4.1 | 6:41 | 0.6 | 6:40 | 0.8 | 7:07 | 7:01 | |
| 15 | Fri | 1:06 | 4.7 | 1:38 | 4.0 | 7:34 | 0.7 | 7:34 | 1.0 | 7:05 | 7:03 | |
| 16 | Sat | 2:01 | 4.7 | 2:38 | 4.0 | 8:39 | 0.8 | 8:46 | 1.0 | 7:04 | 7:04 | |
| 17 | Sun | 3:02 | 4.7 | 3:41 | 4.1 | 9:47 | 0.7 | 9:59 | 0.9 | 7:02 | 7:05 | |
| 18 | Mon | 4:06 | 4.9 | 4:45 | 4.4 | 10:49 | 0.4 | 11:04 | 0.6 | 7:00 | 7:06 | |
| 19 | Tue | 5:11 | 5.1 | 5:46 | 4.8 | 11:44 | 0.1 | | | 6:59 | 7:07 | |
| 20 | Wed | 6:11 | 5.4 | 6:41 | 5.3 | 12:02 | 0.1 | 12:35 | -0.3 | 6:57 | 7:08 | |
| 21 | Thu | 7:07 | 5.7 | 7:33 | 5.8 | 12:58 | -0.3 | 1:25 | -0.6 | 6:55 | 7:09 | |
| 22 | Fri | 7:59 | 5.9 | 8:22 | 6.2 | 1:51 | -0.6 | 2:13 | -0.8 | 6:54 | 7:10 | |
| 23 | Sat | 8:49 | 5.9 | 9:10 | 6.5 | 2:43 | -0.8 | 3:01 | -0.9 | 6:52 | 7:11 | |
| 24 | Sun | 9:38 | 5.9 | 9:58 | 6.5 | 3:34 | -0.9 | 3:48 | -0.9 | 6:50 | 7:12 | |
| 25 | Mon | 10:28 | 5.7 | 10:48 | 6.3 | 4:24 | -0.9 | 4:36 | -0.8 | 6:49 | 7:13 | |
| 26 | Tue | 11:20 | 5.5 | 11:40 | 6.1 | 5:14 | -0.7 | 5:25 | -0.5 | 6:47 | 7:14 | |
| 27 | Wed | | | 12:15 | 5.2 | 6:05 | -0.4 | 6:16 | -0.1 | 6:45 | 7:15 | |
| 28 | Thu | 12:35 | 5.7 | 1:13 | 4.9 | 7:01 | 0.0 | 7:13 | 0.2 | 6:44 | 7:16 | |
| 29 | Fri | 1:32 | 5.4 | 2:12 | 4.7 | 8:03 | 0.3 | 8:16 | 0.6 | 6:42 | 7:17 | |
| 30 | Sat | 2:31 | 5.1 | 3:13 | 4.6 | 9:09 | 0.5 | 9:23 | 0.7 | 6:41 | 7:18 | |
| 31 | Sun | 3:31 | 4.9 | 4:13 | 4.6 | 10:13 | 0.5 | 10:27 | 0.7 | 6:39 | 7:19 | |