

































Bay Head, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:07	0.4	8:41	0.3	1:46	-0.2	2:48	-0.2	7:18	4:41	
2	Fri	9:03	0.4	9:36	0.3	2:43	-0.2	3:43	-0.3	7:18	4:42	
3	Sat	9:56	0.4	10:29	0.3	3:40	-0.3	4:36	-0.3	7:18	4:43	
4	Sun	10:47	0.4	11:21	0.3	4:35	-0.3	5:26	-0.4	7:18	4:44	
5	Mon	11:37	0.4			5:27	-0.2	6:13	-0.4	7:18	4:45	
6	Tue	12:14	0.3	12:27	0.4	6:16	-0.2	6:57	-0.3	7:18	4:46	
7	Wed	1:06	0.3	1:18	0.3	7:03	-0.1	7:41	-0.2	7:18	4:47	
8	Thu	1:59	0.3	2:08	0.3	7:52	0.0	8:25	-0.1	7:18	4:47	
9	Fri	2:49	0.3	2:57	0.3	8:45	0.1	9:12	0.0	7:17	4:48	
10	Sat	3:36	0.3	3:45	0.3	9:43	0.2	10:03	0.1	7:17	4:50	
11	Sun	4:23	0.3	4:34	0.2	10:46	0.3	10:55	0.2	7:17	4:51	
12	Mon	5:10	0.3	5:26	0.2	11:46	0.3	11:48	0.2	7:17	4:52	
13	Tue	6:03	0.3	6:25	0.2			12:40	0.2	7:16	4:53	
14	Wed	6:58	0.3	7:24	0.2	12:38	0.2	1:30	0.2	7:16	4:54	
15	Thu	7:50	0.3	8:16	0.2	1:26	0.2	2:17	0.1	7:16	4:55	
16	Fri	8:36	0.3	9:02	0.3	2:12	0.1	3:02	0.0	7:15	4:56	
17	Sat	9:17	0.3	9:43	0.3	2:57	0.1	3:46	-0.1	7:15	4:57	
18	Sun	9:55	0.3	10:21	0.3	3:42	0.0	4:29	-0.1	7:14	4:58	
19	Mon	10:32	0.3	10:58	0.3	4:26	0.0	5:08	-0.2	7:14	4:59	
20	Tue	11:08	0.3	11:35	0.3	5:07	0.0	5:45	-0.2	7:13	5:00	
21	Wed	11:45	0.3			5:47	0.0	6:20	-0.2	7:13	5:02	
22	Thu	12:14	0.3	12:26	0.3	6:26	0.0	6:54	-0.2	7:12	5:03	
23	Fri	12:57	0.3	1:12	0.3	7:08	0.0	7:31	-0.2	7:11	5:04	
24	Sat	1:45	0.3	2:03	0.3	7:56	0.0	8:13	-0.1	7:11	5:05	
25	Sun	2:38	0.3	3:00	0.3	8:57	0.1	9:06	-0.1	7:10	5:06	
26	Mon	3:33	0.3	4:00	0.3	10:13	0.1	10:12	0.0	7:09	5:08	
27	Tue	4:33	0.3	5:05	0.3	11:29	0.1	11:25	0.0	7:08	5:09	
28	Wed	5:39	0.3	6:17	0.3			12:37	0.0	7:08	5:10	
29	Thu	6:50	0.3	7:28	0.3	12:33	-0.1	1:38	-0.1	7:07	5:11	
30	Fri	7:56	0.4	8:30	0.3	1:35	-0.1	2:35	-0.2	7:06	5:12	
31	Sat	8:53	0.4	9:24	0.3	2:33	-0.2	3:28	-0.3	7:05	5:14	