






























## Bay Head, NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:59	0.3	11:16	0.4	5:03	0.0	5:06	0.1	5:55	7:51	
2	Sat	11:38	0.3	11:52	0.4	5:45	0.0	5:43	0.1	5:54	7:52	
3	Sun			12:17	0.3	6:24	0.0	6:20	0.2	5:53	7:53	
4	Mon	12:27	0.4	12:57	0.3	7:02	0.1	6:55	0.3	5:52	7:54	
5	Tue	1:04	0.4	1:40	0.3	7:39	0.1	7:29	0.3	5:50	7:55	
6	Wed	1:43	0.3	2:26	0.3	8:17	0.2	8:04	0.4	5:49	7:56	
7	Thu	2:26	0.3	3:17	0.3	8:58	0.3	8:43	0.5	5:48	7:57	
8	Fri	3:16	0.3	4:07	0.3	9:46	0.3	9:37	0.5	5:47	7:58	
9	Sat	4:07	0.3	4:55	0.3	10:44	0.3	10:52	0.5	5:46	7:58	
10	Sun	5:00	0.3	5:44	0.3	11:43	0.3			5:45	7:59	
11	Mon	5:54	0.3	6:37	0.3	12:06	0.5	12:38	0.2	5:44	8:00	
12	Tue	6:54	0.3	7:33	0.3	1:10	0.4	1:28	0.2	5:43	8:01	
13	Wed	7:56	0.3	8:27	0.4	2:07	0.2	2:16	0.1	5:42	8:02	
14	Thu	8:54	0.3	9:18	0.4	3:00	0.1	3:03	0.0	5:41	8:03	
15	Fri	9:47	0.3	10:06	0.4	3:53	0.0	3:52	-0.1	5:40	8:04	
16	Sat	10:38	0.4	10:55	0.4	4:47	-0.1	4:44	-0.1	5:39	8:05	
17	Sun	11:30	0.4	11:45	0.4	5:41	-0.2	5:37	-0.1	5:38	8:06	
18	Mon			12:24	0.4	6:33	-0.2	6:30	-0.1	5:37	8:07	
19	Tue	12:39	0.4	1:22	0.3	7:25	-0.2	7:22	0.0	5:37	8:08	
20	Wed	1:37	0.4	2:24	0.3	8:16	-0.1	8:17	0.1	5:36	8:09	
21	Thu	2:38	0.4	3:26	0.3	9:11	0.0	9:16	0.2	5:35	8:10	
22	Fri	3:39	0.4	4:25	0.3	10:11	0.0	10:23	0.3	5:34	8:11	
23	Sat	4:36	0.4	5:20	0.3	11:12	0.1	11:32	0.3	5:34	8:12	
24	Sun	5:31	0.3	6:14	0.3			12:10	0.1	5:33	8:12	
25	Mon	6:26	0.3	7:08	0.4	12:36	0.3	1:01	0.1	5:32	8:13	
26	Tue	7:22	0.3	8:00	0.4	1:33	0.3	1:48	0.1	5:32	8:14	
27	Wed	8:17	0.3	8:48	0.4	2:24	0.2	2:31	0.2	5:31	8:15	
28	Thu	9:07	0.3	9:31	0.4	3:10	0.2	3:11	0.2	5:30	8:16	
29	Fri	9:52	0.3	10:11	0.4	3:54	0.2	3:51	0.2	5:30	8:16	
30	Sat	10:34	0.3	10:48	0.4	4:38	0.1	4:32	0.2	5:29	8:17	
31	Sun	11:15	0.3	11:25	0.4	5:21	0.1	5:14	0.3	5:29	8:18	