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# Bay Head, NJ - Jan 2057

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