US HARBORS www.USHarbors.com

Beach Haven Crest, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:39	2.1	8:13	1.7	2:05	-0.1	3:07	-0.2	7:17	4:43	
2	Fri	8:35	2.2	9:08	1.7	3:02	-0.2	4:02	-0.2	7:17	4:44	
3	Sat	9:28	2.2	10:01	1.8	3:59	-0.2	4:55	-0.3	7:17	4:45	
4	Sun	10:19	2.2	10:53	1.8	4:54	-0.2	5:45	-0.3	7:17	4:46	
5	Mon	11:09	2.1	11:46	1.8	5:46	-0.2	6:32	-0.3	7:17	4:47	
6	Tue	11:59	2.0			6:35	-0.2	7:16	-0.3	7:17	4:47	
7	Wed	12:38	1.7	12:50	1.9	7:22	-0.1	8:00	-0.2	7:17	4:48	
8	Thu	1:31	1.7	1:40	1.7	8:11	0.0	8:44	-0.1	7:17	4:49	
9	Fri	2:21	1.7	2:29	1.6	9:04	0.1	9:31	0.0	7:17	4:50	
10	Sat	3:08	1.6	3:17	1.5	10:02	0.2	10:22	0.1	7:17	4:51	
11	Sun	3:55	1.6	4:06	1.4	11:05	0.2	11:14	0.2	7:16	4:52	
12	Mon	4:42	1.6	4:58	1.3			12:05	0.2	7:16	4:53	
13	Tue	5:35	1.6	5:57	1.3	12:07	0.2	12:59	0.2	7:16	4:54	
14	Wed	6:30	1.6	6:56	1.3	12:57	0.2	1:49	0.1	7:15	4:56	
15	Thu	7:22	1.7	7:48	1.3	1:45	0.1	2:36	0.1	7:15	4:57	
16	Fri	8:08	1.7	8:34	1.4	2:31	0.1	3:21	0.0	7:15	4:58	
17	Sat	8:49	1.8	9:15	1.4	3:16	0.1	4:05	0.0	7:14	4:59	
18	Sun	9:27	1.9	9:53	1.5	4:01	0.0	4:48	-0.1	7:14	5:00	
19	Mon	10:04	1.9	10:30	1.5	4:45	0.0	5:27	-0.1	7:13	5:01	
20	Tue	10:40	1.9	11:07	1.6	5:26	0.0	6:04	-0.2	7:13	5:02	
21	Wed	11:17	1.8	11:46	1.6	6:06	0.0	6:39	-0.2	7:12	5:03	
22	Thu	11:58	1.8			6:45	0.0	7:13	-0.2	7:11	5:04	
23	Fri	12:29	1.6	12:44	1.7	7:27	0.0	7:50	-0.1	7:11	5:06	
24	Sat	1:17	1.7	1:35	1.6	8:15	0.0	8:32	-0.1	7:10	5:07	
25	Sun	2:10	1.7	2:32	1.5	9:16	0.1	9:25	0.0	7:09	5:08	
26	Mon	3:05	1.8	3:32	1.5	10:32	0.1	10:31	0.0	7:09	5:09	
27	Tue	4:05	1.8	4:37	1.4	11:48	0.1	11:44	0.0	7:08	5:10	
28	Wed	5:11	1.8	5:49	1.4			12:56	0.0	7:07	5:11	
29	Thu	6:22	1.9	7:00	1.5	12:52	-0.1	1:57	-0.1	7:06	5:13	
30	Fri	7:28	1.9	8:02	1.6	1:54	-0.1	2:54	-0.2	7:05	5:14	
31	Sat	8:25	2.0	8:56	1.7	2:52	-0.2	3:47	-0.2	7:05	5:15	