

Belmar, NJ - Jul 2000

| Date | | High | | | | Low | | | | | | |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 7:26 | 4.9 | 7:44 | 6.2 | 1:25 | -0.4 | 1:24 | -0.3 | 5:30 | 8:29 | |
| 2 | Sun | 8:21 | 5.1 | 8:37 | 6.1 | 2:20 | -0.6 | 2:20 | -0.4 | 5:31 | 8:29 | |
| 3 | Mon | 9:16 | 5.1 | 9:32 | 6.0 | 3:12 | -0.7 | 3:14 | -0.3 | 5:31 | 8:29 | |
| 4 | Tue | 10:14 | 5.1 | 10:28 | 5.7 | 4:02 | -0.7 | 4:07 | -0.2 | 5:32 | 8:28 | |
| 5 | Wed | 11:12 | 5.1 | 11:25 | 5.4 | 4:51 | -0.5 | 5:01 | 0.1 | 5:32 | 8:28 | |
| 6 | Thu | | | 12:10 | 5.0 | 5:42 | -0.3 | 5:57 | 0.4 | 5:33 | 8:28 | |
| 7 | Fri | 12:22 | 5.1 | 1:05 | 5.0 | 6:37 | 0.0 | 7:00 | 0.6 | 5:33 | 8:28 | |
| 8 | Sat | 1:16 | 4.8 | 1:56 | 4.9 | 7:33 | 0.2 | 8:04 | 0.8 | 5:34 | 8:27 | |
| 9 | Sun | 2:07 | 4.5 | 2:47 | 4.9 | 8:28 | 0.4 | 9:06 | 0.8 | 5:35 | 8:27 | |
| 10 | Mon | 3:00 | 4.3 | 3:39 | 4.9 | 9:21 | 0.5 | 10:02 | 0.8 | 5:35 | 8:26 | |
| 11 | Tue | 3:56 | 4.1 | 4:32 | 4.9 | 10:09 | 0.6 | 10:52 | 0.7 | 5:36 | 8:26 | |
| 12 | Wed | 4:53 | 4.0 | 5:22 | 5.0 | 10:55 | 0.6 | 11:39 | 0.6 | 5:37 | 8:26 | |
| 13 | Thu | 5:45 | 4.1 | 6:08 | 5.1 | 11:38 | 0.6 | | | 5:38 | 8:25 | |
| 14 | Fri | 6:32 | 4.1 | 6:50 | 5.2 | 12:24 | 0.5 | 12:22 | 0.6 | 5:38 | 8:24 | |
| 15 | Sat | 7:15 | 4.2 | 7:30 | 5.2 | 1:08 | 0.4 | 1:06 | 0.6 | 5:39 | 8:24 | |
| 16 | Sun | 7:56 | 4.3 | 8:08 | 5.2 | 1:51 | 0.3 | 1:49 | 0.6 | 5:40 | 8:23 | |
| 17 | Mon | 8:36 | 4.3 | 8:45 | 5.1 | 2:32 | 0.2 | 2:31 | 0.7 | 5:41 | 8:23 | |
| 18 | Tue | 9:16 | 4.2 | 9:21 | 5.0 | 3:11 | 0.2 | 3:10 | 0.7 | 5:42 | 8:22 | |
| 19 | Wed | 9:55 | 4.2 | 9:57 | 4.8 | 3:47 | 0.2 | 3:48 | 0.8 | 5:42 | 8:21 | |
| 20 | Thu | 10:34 | 4.2 | 10:36 | 4.7 | 4:21 | 0.3 | 4:24 | 0.9 | 5:43 | 8:21 | |
| 21 | Fri | 11:15 | 4.3 | 11:19 | 4.6 | 4:55 | 0.4 | 5:02 | 1.0 | 5:44 | 8:20 | |
| 22 | Sat | 11:59 | 4.4 | | | 5:31 | 0.4 | 5:48 | 1.0 | 5:45 | 8:19 | |
| 23 | Sun | 12:08 | 4.5 | 12:46 | 4.6 | 6:13 | 0.5 | 6:49 | 1.1 | 5:46 | 8:18 | |
| 24 | Mon | 1:00 | 4.4 | 1:35 | 4.8 | 7:06 | 0.5 | 8:02 | 1.0 | 5:47 | 8:17 | |
| 25 | Tue | 1:56 | 4.3 | 2:29 | 5.0 | 8:08 | 0.5 | 9:13 | 0.8 | 5:48 | 8:17 | |
| 26 | Wed | 2:57 | 4.3 | 3:30 | 5.2 | 9:12 | 0.4 | 10:17 | 0.5 | 5:48 | 8:16 | |
| 27 | Thu | 4:05 | 4.3 | 4:36 | 5.4 | 10:14 | 0.2 | 11:15 | 0.2 | 5:49 | 8:15 | |
| 28 | Fri | 5:13 | 4.5 | 5:39 | 5.7 | 11:13 | 0.0 | | | 5:50 | 8:14 | |
| 29 | Sat | 6:14 | 4.8 | 6:36 | 6.0 | 12:12 | -0.1 | 12:11 | -0.2 | 5:51 | 8:13 | |
| 30 | Sun | 7:11 | 5.0 | 7:30 | 6.1 | 1:07 | -0.4 | 1:08 | -0.3 | 5:52 | 8:12 | |
| 31 | Mon | 8:05 | 5.2 | 8:22 | 6.1 | 2:01 | -0.6 | 2:05 | -0.4 | 5:53 | 8:11 | |