


































## Belmar, NJ - Jan 2026

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Thu | 4:51  | 5.2 | 5:25  | 4.1 | 11:23 | -0.5 | 11:18 | -0.6 | 7:18  | 4:41 |    |
| 2    | Fri | 5:47  | 5.4 | 6:20  | 4.3 |       |      | 12:18 | -0.7 | 7:18  | 4:41 |    |
| 3    | Sat | 6:40  | 5.5 | 7:13  | 4.5 | 12:15 | -0.7 | 1:11  | -0.9 | 7:18  | 4:42 |    |
| 4    | Sun | 7:31  | 5.4 | 8:05  | 4.5 | 1:10  | -0.7 | 2:01  | -1.0 | 7:18  | 4:43 |    |
| 5    | Mon | 8:21  | 5.3 | 8:58  | 4.4 | 2:02  | -0.6 | 2:48  | -0.9 | 7:18  | 4:44 |    |
| 6    | Tue | 9:11  | 5.0 | 9:50  | 4.4 | 2:51  | -0.5 | 3:32  | -0.8 | 7:18  | 4:45 |    |
| 7    | Wed | 10:02 | 4.6 | 10:43 | 4.3 | 3:38  | -0.2 | 4:16  | -0.5 | 7:18  | 4:46 |    |
| 8    | Thu | 10:52 | 4.3 | 11:33 | 4.2 | 4:27  | 0.1  | 5:00  | -0.2 | 7:18  | 4:47 |    |
| 9    | Fri | 11:41 | 3.9 |       |     | 5:20  | 0.4  | 5:47  | 0.1  | 7:18  | 4:48 |    |
| 10   | Sat | 12:20 | 4.1 | 12:29 | 3.6 | 6:18  | 0.6  | 6:38  | 0.3  | 7:17  | 4:49 |    |
| 11   | Sun | 1:07  | 4.0 | 1:18  | 3.4 | 7:21  | 0.7  | 7:30  | 0.5  | 7:17  | 4:50 |    |
| 12   | Mon | 1:54  | 4.0 | 2:10  | 3.2 | 8:21  | 0.7  | 8:23  | 0.5  | 7:17  | 4:51 |   |
| 13   | Tue | 2:47  | 4.0 | 3:09  | 3.1 | 9:15  | 0.6  | 9:13  | 0.5  | 7:16  | 4:52 |  |
| 14   | Wed | 3:42  | 4.1 | 4:08  | 3.2 | 10:05 | 0.4  | 10:01 | 0.4  | 7:16  | 4:53 |  |
| 15   | Thu | 4:34  | 4.2 | 5:00  | 3.3 | 10:52 | 0.2  | 10:47 | 0.3  | 7:16  | 4:54 |  |
| 16   | Fri | 5:20  | 4.4 | 5:46  | 3.5 | 11:37 | 0.0  | 11:32 | 0.2  | 7:15  | 4:55 |  |
| 17   | Sat | 6:01  | 4.5 | 6:27  | 3.6 |       |      | 12:21 | -0.1 | 7:15  | 4:57 |  |
| 18   | Sun | 6:39  | 4.6 | 7:05  | 3.7 | 12:17 | 0.1  | 1:04  | -0.3 | 7:14  | 4:58 |  |
| 19   | Mon | 7:16  | 4.7 | 7:42  | 3.8 | 1:01  | 0.0  | 1:43  | -0.4 | 7:14  | 4:59 |  |
| 20   | Tue | 7:52  | 4.7 | 8:19  | 3.9 | 1:42  | -0.1 | 2:20  | -0.5 | 7:13  | 5:00 |  |
| 21   | Wed | 8:29  | 4.6 | 8:58  | 4.0 | 2:22  | -0.1 | 2:55  | -0.5 | 7:13  | 5:01 |  |
| 22   | Thu | 9:10  | 4.5 | 9:41  | 4.1 | 3:01  | -0.1 | 3:29  | -0.5 | 7:12  | 5:02 |  |
| 23   | Fri | 9:56  | 4.3 | 10:29 | 4.2 | 3:43  | 0.0  | 4:06  | -0.4 | 7:11  | 5:03 |  |
| 24   | Sat | 10:47 | 4.0 | 11:22 | 4.3 | 4:31  | 0.1  | 4:48  | -0.3 | 7:11  | 5:05 |  |
| 25   | Sun | 11:44 | 3.8 |       |     | 5:32  | 0.3  | 5:41  | -0.1 | 7:10  | 5:06 |  |
| 26   | Mon | 12:17 | 4.4 | 12:44 | 3.6 | 6:48  | 0.3  | 6:47  | 0.0  | 7:09  | 5:07 |  |
| 27   | Tue | 1:17  | 4.4 | 1:49  | 3.5 | 8:04  | 0.3  | 8:00  | 0.0  | 7:08  | 5:08 |  |
| 28   | Wed | 2:23  | 4.5 | 3:01  | 3.5 | 9:12  | 0.1  | 9:08  | -0.2 | 7:08  | 5:09 |  |
| 29   | Thu | 3:34  | 4.6 | 4:12  | 3.7 | 10:13 | -0.2 | 10:10 | -0.3 | 7:07  | 5:11 |  |
| 30   | Fri | 4:40  | 4.8 | 5:14  | 4.0 | 11:10 | -0.5 | 11:08 | -0.5 | 7:06  | 5:12 |  |
| 31   | Sat | 5:37  | 5.0 | 6:08  | 4.3 |       |      | 12:03 | -0.7 | 7:05  | 5:13 |  |