US HARBORS www.USHarbors.com

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	