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# Cape May (Atlantic Ocean), NJ - Jan 2076

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 3:03 | 4.1 | 3:11 | 3.6 | 9:04 | 0.5 | 9:14 | 0.0 | 7:18 | 4:48 | |
| 2 | Thu | 4:00 | 4.5 | 4:14 | 3.7 | 10:08 | 0.2 | 10:09 | -0.2 | 7:18 | 4:49 | |
| 3 | Fri | 4:53 | 4.9 | 5:12 | 3.8 | 11:07 | -0.2 | 11:03 | -0.5 | 7:18 | 4:49 | |
| 4 | Sat | 5:46 | 5.4 | 6:09 | 3.9 | | | 12:04 | -0.5 | 7:18 | 4:50 | |
| 5 | Sun | 6:39 | 5.7 | 7:06 | 4.1 | | | 12:58 | -0.8 | 7:18 | 4:51 | |
| 6 | Mon | 7:33 | 5.9 | 8:01 | 4.2 | 12:51 | -0.9 | 1:50 | -1.0 | 7:18 | 4:52 | |
| 7 | Tue | 8:25 | 6.0 | 8:54 | 4.3 | 1:44 | -1.0 | 2:40 | -1.1 | 7:18 | 4:53 | |
| 8 | Wed | 9:16 | 5.9 | 9:48 | 4.3 | 2:36 | -1.0 | 3:31 | -1.1 | 7:18 | 4:54 | |
| 9 | Thu | 10:09 | 5.6 | 10:44 | 4.3 | 3:31 | -0.8 | 4:24 | -1.0 | 7:18 | 4:55 | |
| 10 | Fri | 11:04 | 5.2 | 11:42 | 4.2 | 4:29 | -0.6 | 5:18 | -0.8 | 7:17 | 4:56 | |
| 11 | Sat | 11:59 | 4.8 | | | 5:31 | -0.3 | 6:12 | -0.6 | 7:17 | 4:57 | |
| 12 | Sun | 12:39 | 4.2 | 12:55 | 4.3 | 6:34 | 0.0 | 7:04 | -0.4 | 7:17 | 4:58 | |
| 13 | Mon | 1:37 | 4.1 | 1:53 | 3.9 | 7:38 | 0.2 | 7:57 | -0.2 | 7:17 | 4:59 | |
| 14 | Tue | 2:38 | 4.1 | 2:56 | 3.6 | 8:44 | 0.3 | 8:52 | 0.0 | 7:16 | 5:00 | |
| 15 | Wed | 3:38 | 4.2 | 3:56 | 3.4 | 9:48 | 0.3 | 9:45 | 0.0 | 7:16 | 5:01 | |
| 16 | Thu | 4:31 | 4.3 | 4:50 | 3.3 | 10:45 | 0.2 | 10:34 | 0.0 | 7:16 | 5:02 | |
| 17 | Fri | 5:18 | 4.4 | 5:38 | 3.3 | 11:37 | 0.1 | 11:19 | 0.0 | 7:15 | 5:03 | |
| 18 | Sat | 6:02 | 4.5 | 6:25 | 3.3 | | | 12:23 | 0.0 | 7:15 | 5:04 | |
| 19 | Sun | 6:44 | 4.7 | 7:09 | 3.4 | 12:03 | -0.1 | 1:06 | -0.1 | 7:14 | 5:05 | |
| 20 | Mon | 7:24 | 4.7 | 7:50 | 3.5 | 12:44 | -0.1 | 1:44 | -0.2 | 7:14 | 5:07 | |
| 21 | Tue | 8:02 | 4.8 | 8:28 | 3.5 | 1:23 | -0.2 | 2:20 | -0.2 | 7:13 | 5:08 | |
| 22 | Wed | 8:37 | 4.7 | 9:05 | 3.5 | 2:00 | -0.2 | 2:54 | -0.2 | 7:13 | 5:09 | |
| 23 | Thu | 9:11 | 4.6 | 9:41 | 3.5 | 2:35 | -0.1 | 3:27 | -0.2 | 7:12 | 5:10 | |
| 24 | Fri | 9:45 | 4.5 | 10:18 | 3.5 | 3:11 | 0.0 | 4:01 | -0.1 | 7:11 | 5:11 | |
| 25 | Sat | 10:20 | 4.3 | 10:57 | 3.5 | 3:50 | 0.1 | 4:36 | 0.0 | 7:11 | 5:12 | |
| 26 | Sun | 10:58 | 4.1 | 11:38 | 3.6 | 4:34 | 0.2 | 5:13 | 0.0 | 7:10 | 5:13 | |
| 27 | Mon | 11:40 | 3.9 | | | 5:24 | 0.3 | 5:54 | 0.0 | 7:09 | 5:14 | |
| 28 | Tue | 12:24 | 3.7 | 12:27 | 3.6 | 6:19 | 0.4 | 6:39 | 0.0 | 7:08 | 5:16 | |
| 29 | Wed | 1:16 | 3.9 | 1:24 | 3.4 | 7:21 | 0.4 | 7:32 | 0.0 | 7:08 | 5:17 | |
| 30 | Thu | 2:18 | 4.1 | 2:34 | 3.3 | 8:32 | 0.3 | 8:35 | -0.1 | 7:07 | 5:18 | |
| 31 | Fri | 3:26 | 4.4 | 3:49 | 3.4 | 9:44 | 0.1 | 9:41 | -0.2 | 7:06 | 5:19 | |