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

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 10:40 | 5.5 | 11:13 | 4.0 | 3:57 | 0.6 | 5:08 | 0.5 | 6:28 | 4:58 | |
| 2 | Mon | 11:38 | 5.4 | | | 4:54 | 0.7 | 6:09 | 0.6 | 6:29 | 4:57 | |
| 3 | Tue | 12:18 | 3.9 | 12:41 | 5.3 | 6:00 | 0.8 | 7:12 | 0.5 | 6:30 | 4:56 | |
| 4 | Wed | 1:27 | 4.0 | 1:50 | 5.2 | 7:11 | 0.8 | 8:16 | 0.4 | 6:31 | 4:55 | |
| 5 | Thu | 2:40 | 4.2 | 3:01 | 5.1 | 8:25 | 0.7 | 9:18 | 0.2 | 6:32 | 4:54 | |
| 6 | Fri | 3:47 | 4.6 | 4:05 | 5.2 | 9:36 | 0.5 | 10:13 | 0.0 | 6:33 | 4:53 | |
| 7 | Sat | 4:43 | 5.0 | 5:02 | 5.2 | 10:38 | 0.2 | 11:03 | -0.2 | 6:34 | 4:52 | |
| 8 | Sun | 5:34 | 5.5 | 5:54 | 5.2 | 11:35 | 0.0 | 11:50 | -0.3 | 6:35 | 4:51 | |
| 9 | Mon | 6:22 | 5.8 | 6:44 | 5.2 | | | 12:29 | -0.2 | 6:36 | 4:50 | |
| 10 | Tue | 7:09 | 6.0 | 7:33 | 5.0 | 12:36 | -0.4 | 1:19 | -0.3 | 6:38 | 4:49 | |
| 11 | Wed | 7:53 | 6.0 | 8:19 | 4.8 | 1:20 | -0.3 | 2:06 | -0.3 | 6:39 | 4:48 | |
| 12 | Thu | 8:36 | 5.9 | 9:03 | 4.5 | 2:01 | -0.2 | 2:51 | -0.1 | 6:40 | 4:47 | |
| 13 | Fri | 9:18 | 5.7 | 9:49 | 4.3 | 2:42 | 0.1 | 3:38 | 0.1 | 6:41 | 4:46 | |
| 14 | Sat | 10:01 | 5.4 | 10:37 | 4.0 | 3:24 | 0.4 | 4:28 | 0.4 | 6:42 | 4:46 | |
| 15 | Sun | 10:47 | 5.1 | 11:30 | 3.7 | 4:08 | 0.7 | 5:21 | 0.6 | 6:43 | 4:45 | |
| 16 | Mon | 11:36 | 4.8 | | | 4:59 | 0.9 | 6:14 | 0.8 | 6:44 | 4:44 | |
| 17 | Tue | 12:24 | 3.6 | 12:27 | 4.5 | 5:53 | 1.2 | 7:06 | 0.9 | 6:45 | 4:43 | |
| 18 | Wed | 1:20 | 3.5 | 1:20 | 4.3 | 6:50 | 1.3 | 7:59 | 0.9 | 6:46 | 4:43 | |
| 19 | Thu | 2:18 | 3.6 | 2:18 | 4.2 | 7:50 | 1.3 | 8:49 | 0.8 | 6:47 | 4:42 | |
| 20 | Fri | 3:16 | 3.8 | 3:17 | 4.2 | 8:53 | 1.2 | 9:35 | 0.7 | 6:49 | 4:42 | |
| 21 | Sat | 4:05 | 4.1 | 4:08 | 4.2 | 9:49 | 1.0 | 10:16 | 0.6 | 6:50 | 4:41 | |
| 22 | Sun | 4:47 | 4.4 | 4:53 | 4.2 | 10:39 | 0.8 | 10:54 | 0.4 | 6:51 | 4:41 | |
| 23 | Mon | 5:27 | 4.7 | 5:36 | 4.3 | 11:25 | 0.5 | 11:31 | 0.2 | 6:52 | 4:40 | |
| 24 | Tue | 6:06 | 5.0 | 6:19 | 4.3 | | | 12:10 | 0.3 | 6:53 | 4:40 | |
| 25 | Wed | 6:45 | 5.3 | 7:02 | 4.3 | 12:09 | 0.1 | 12:54 | 0.1 | 6:54 | 4:39 | |
| 26 | Thu | 7:26 | 5.6 | 7:46 | 4.3 | 12:48 | 0.0 | 1:38 | -0.1 | 6:55 | 4:39 | |
| 27 | Fri | 8:07 | 5.7 | 8:30 | 4.2 | 1:28 | -0.1 | 2:22 | -0.2 | 6:56 | 4:38 | |
| 28 | Sat | 8:50 | 5.8 | 9:16 | 4.1 | 2:10 | -0.1 | 3:08 | -0.2 | 6:57 | 4:38 | |
| 29 | Sun | 9:37 | 5.7 | 10:08 | 4.0 | 2:55 | 0.0 | 3:59 | -0.1 | 6:58 | 4:38 | |
| 30 | Mon | 10:30 | 5.5 | 11:08 | 3.9 | 3:46 | 0.1 | 4:56 | -0.1 | 6:59 | 4:38 | |