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# Cape May (Atlantic Ocean), NJ - Dec 2090

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 3:38 | 4.1 | 3:48 | 3.9 | 9:36 | 1.0 | 9:48 | 0.5 | 6:59 | 4:37 | |
| 2 | Sat | 4:24 | 4.3 | 4:36 | 4.0 | 10:27 | 0.8 | 10:30 | 0.4 | 7:00 | 4:37 | |
| 3 | Sun | 5:06 | 4.5 | 5:21 | 4.0 | 11:14 | 0.6 | 11:10 | 0.2 | 7:01 | 4:37 | |
| 4 | Mon | 5:47 | 4.8 | 6:05 | 4.0 | 11:58 | 0.4 | 11:50 | 0.1 | 7:02 | 4:37 | |
| 5 | Tue | 6:27 | 5.0 | 6:49 | 4.1 | | | 12:41 | 0.2 | 7:03 | 4:37 | |
| 6 | Wed | 7:06 | 5.2 | 7:31 | 4.1 | 12:29 | 0.0 | 1:22 | 0.0 | 7:04 | 4:37 | |
| 7 | Thu | 7:45 | 5.3 | 8:12 | 4.1 | 1:09 | -0.1 | 2:01 | -0.1 | 7:05 | 4:37 | |
| 8 | Fri | 8:24 | 5.4 | 8:54 | 4.1 | 1:48 | -0.2 | 2:41 | -0.2 | 7:06 | 4:37 | |
| 9 | Sat | 9:05 | 5.4 | 9:38 | 4.1 | 2:29 | -0.2 | 3:24 | -0.2 | 7:06 | 4:37 | |
| 10 | Sun | 9:48 | 5.3 | 10:28 | 4.1 | 3:14 | -0.1 | 4:11 | -0.2 | 7:07 | 4:37 | |
| 11 | Mon | 10:37 | 5.2 | 11:23 | 4.1 | 4:04 | 0.0 | 5:03 | -0.2 | 7:08 | 4:37 | |
| 12 | Tue | 11:32 | 5.0 | | | 5:03 | 0.1 | 5:58 | -0.2 | 7:09 | 4:37 | |
| 13 | Wed | 12:21 | 4.2 | 12:30 | 4.7 | 6:07 | 0.2 | 6:53 | -0.2 | 7:10 | 4:38 | |
| 14 | Thu | 1:22 | 4.3 | 1:32 | 4.5 | 7:13 | 0.2 | 7:51 | -0.2 | 7:10 | 4:38 | |
| 15 | Fri | 2:27 | 4.5 | 2:41 | 4.3 | 8:23 | 0.2 | 8:51 | -0.3 | 7:11 | 4:38 | |
| 16 | Sat | 3:31 | 4.8 | 3:48 | 4.3 | 9:32 | 0.0 | 9:49 | -0.4 | 7:12 | 4:39 | |
| 17 | Sun | 4:30 | 5.1 | 4:48 | 4.3 | 10:35 | -0.2 | 10:44 | -0.5 | 7:12 | 4:39 | |
| 18 | Mon | 5:23 | 5.4 | 5:44 | 4.3 | 11:32 | -0.4 | 11:37 | -0.6 | 7:13 | 4:39 | |
| 19 | Tue | 6:15 | 5.6 | 6:38 | 4.3 | | | 12:27 | -0.6 | 7:13 | 4:40 | |
| 20 | Wed | 7:05 | 5.7 | 7:30 | 4.3 | 12:27 | -0.7 | 1:17 | -0.7 | 7:14 | 4:40 | |
| 21 | Thu | 7:52 | 5.7 | 8:17 | 4.3 | 1:15 | -0.6 | 2:04 | -0.7 | 7:14 | 4:41 | |
| 22 | Fri | 8:36 | 5.6 | 9:02 | 4.2 | 2:01 | -0.5 | 2:48 | -0.6 | 7:15 | 4:41 | |
| 23 | Sat | 9:19 | 5.3 | 9:47 | 4.0 | 2:44 | -0.3 | 3:32 | -0.5 | 7:15 | 4:42 | |
| 24 | Sun | 10:02 | 5.0 | 10:33 | 3.9 | 3:28 | -0.1 | 4:17 | -0.3 | 7:16 | 4:42 | |
| 25 | Mon | 10:46 | 4.7 | 11:20 | 3.7 | 4:14 | 0.2 | 5:03 | -0.1 | 7:16 | 4:43 | |
| 26 | Tue | 11:31 | 4.4 | | | 5:04 | 0.4 | 5:48 | 0.1 | 7:16 | 4:44 | |
| 27 | Wed | 12:08 | 3.6 | 12:16 | 4.1 | 5:56 | 0.6 | 6:32 | 0.2 | 7:17 | 4:44 | |
| 28 | Thu | 12:56 | 3.6 | 1:04 | 3.8 | 6:49 | 0.8 | 7:16 | 0.3 | 7:17 | 4:45 | |
| 29 | Fri | 1:48 | 3.6 | 1:57 | 3.5 | 7:46 | 0.9 | 8:04 | 0.4 | 7:17 | 4:46 | |
| 30 | Sat | 2:44 | 3.7 | 2:56 | 3.4 | 8:48 | 0.9 | 8:54 | 0.4 | 7:17 | 4:46 | |
| 31 | Sun | 3:38 | 3.9 | 3:53 | 3.4 | 9:47 | 0.7 | 9:46 | 0.2 | 7:18 | 4:47 | |