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# Cape May Harbor, NJ - Sep 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 11:21 | 5.3 | 11:43 | 4.5 | 4:49 | 0.3 | 5:30 | 0.6 | 6:28 | 7:30 | |
| 2 | Wed | | | 12:11 | 5.3 | 5:34 | 0.4 | 6:30 | 0.8 | 6:29 | 7:28 | |
| 3 | Thu | 12:36 | 4.2 | 1:08 | 5.3 | 6:27 | 0.5 | 7:35 | 0.9 | 6:30 | 7:27 | |
| 4 | Fri | 1:37 | 4.0 | 2:11 | 5.3 | 7:25 | 0.7 | 8:46 | 0.9 | 6:31 | 7:25 | |
| 5 | Sat | 2:49 | 3.8 | 3:25 | 5.3 | 8:32 | 0.8 | 10:00 | 0.9 | 6:32 | 7:24 | |
| 6 | Sun | 4:10 | 3.9 | 4:40 | 5.4 | 9:46 | 0.7 | 11:07 | 0.7 | 6:33 | 7:22 | |
| 7 | Mon | 5:20 | 4.2 | 5:44 | 5.6 | 10:57 | 0.6 | | | 6:34 | 7:20 | |
| 8 | Tue | 6:19 | 4.5 | 6:40 | 5.7 | 12:04 | 0.4 | 11:59 AM | 0.3 | 6:34 | 7:19 | |
| 9 | Wed | 7:12 | 4.9 | 7:32 | 5.8 | 12:55 | 0.1 | 12:56 | 0.1 | 6:35 | 7:17 | |
| 10 | Thu | 8:02 | 5.2 | 8:20 | 5.7 | 1:41 | 0.0 | 1:49 | 0.0 | 6:36 | 7:16 | |
| 11 | Fri | 8:47 | 5.4 | 9:04 | 5.6 | 2:24 | -0.1 | 2:37 | -0.1 | 6:37 | 7:14 | |
| 12 | Sat | 9:29 | 5.6 | 9:45 | 5.3 | 3:04 | -0.1 | 3:23 | 0.0 | 6:38 | 7:13 | |
| 13 | Sun | 10:10 | 5.5 | 10:25 | 5.0 | 3:41 | 0.1 | 4:06 | 0.2 | 6:39 | 7:11 | |
| 14 | Mon | 10:50 | 5.4 | 11:06 | 4.6 | 4:18 | 0.3 | 4:52 | 0.5 | 6:40 | 7:09 | |
| 15 | Tue | 11:32 | 5.2 | 11:49 | 4.2 | 4:56 | 0.6 | 5:40 | 0.8 | 6:41 | 7:08 | |
| 16 | Wed | | | 12:16 | 5.0 | 5:37 | 0.9 | 6:32 | 1.1 | 6:42 | 7:06 | |
| 17 | Thu | 12:36 | 3.9 | 1:04 | 4.8 | 6:21 | 1.2 | 7:27 | 1.3 | 6:42 | 7:05 | |
| 18 | Fri | 1:27 | 3.6 | 1:57 | 4.6 | 7:10 | 1.4 | 8:26 | 1.5 | 6:43 | 7:03 | |
| 19 | Sat | 2:25 | 3.5 | 2:57 | 4.5 | 8:04 | 1.5 | 9:30 | 1.5 | 6:44 | 7:01 | |
| 20 | Sun | 3:34 | 3.4 | 4:02 | 4.6 | 9:07 | 1.6 | 10:30 | 1.4 | 6:45 | 7:00 | |
| 21 | Mon | 4:40 | 3.6 | 5:00 | 4.7 | 10:13 | 1.5 | 11:19 | 1.2 | 6:46 | 6:58 | |
| 22 | Tue | 5:32 | 3.8 | 5:48 | 4.9 | 11:09 | 1.3 | | | 6:47 | 6:56 | |
| 23 | Wed | 6:16 | 4.2 | 6:31 | 5.1 | 12:01 | 1.0 | 11:58 AM | 1.0 | 6:48 | 6:55 | |
| 24 | Thu | 6:56 | 4.5 | 7:12 | 5.2 | 12:38 | 0.7 | 12:43 | 0.7 | 6:49 | 6:53 | |
| 25 | Fri | 7:35 | 4.9 | 7:52 | 5.3 | 1:15 | 0.5 | 1:27 | 0.5 | 6:50 | 6:52 | |
| 26 | Sat | 8:14 | 5.2 | 8:33 | 5.3 | 1:50 | 0.3 | 2:10 | 0.3 | 6:51 | 6:50 | |
| 27 | Sun | 8:52 | 5.5 | 9:13 | 5.2 | 2:26 | 0.1 | 2:53 | 0.2 | 6:52 | 6:48 | |
| 28 | Mon | 9:31 | 5.7 | 9:54 | 5.0 | 3:02 | 0.1 | 3:37 | 0.2 | 6:52 | 6:47 | |
| 29 | Tue | 10:13 | 5.8 | 10:38 | 4.7 | 3:40 | 0.1 | 4:25 | 0.3 | 6:53 | 6:45 | |
| 30 | Wed | 10:59 | 5.8 | 11:30 | 4.4 | 4:22 | 0.2 | 5:19 | 0.4 | 6:54 | 6:44 | |