US HARBORS www.USHarbors.com

Island Beach, NJ - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:00	0.3	3:09	0.3	9:10	0.1	9:44	0.0	7:17	4:41	
2	Thu	3:47	0.3	3:55	0.3	10:08	0.1	10:34	0.0	7:17	4:42	
3	Fri	4:32	0.3	4:42	0.3	11:13	0.1	11:28	0.0	7:17	4:43	
4	Sat	5:17	0.3	5:32	0.3			12:16	0.1	7:17	4:44	
5	Sun	6:06	0.3	6:28	0.3	12:20	0.0	1:12	0.1	7:17	4:45	
6	Mon	6:58	0.3	7:26	0.3	1:10	0.0	2:04	0.0	7:17	4:46	
7	Tue	7:50	0.4	8:20	0.3	1:57	0.0	2:52	0.0	7:17	4:47	
8	Wed	8:37	0.4	9:09	0.3	2:44	0.0	3:40	0.0	7:17	4:48	
9	Thu	9:22	0.4	9:54	0.3	3:31	0.0	4:28	0.0	7:17	4:49	
10	Fri	10:05	0.4	10:39	0.3	4:20	0.0	5:16	-0.1	7:17	4:50	
11	Sat	10:50	0.4	11:26	0.4	5:09	0.0	6:03	-0.1	7:17	4:51	
12	Sun	11:37	0.4			5:59	-0.1	6:48	-0.1	7:16	4:52	
13	Mon	12:16	0.4	12:27	0.4	6:47	-0.1	7:33	-0.1	7:16	4:53	
14	Tue	1:09	0.4	1:21	0.4	7:36	0.0	8:19	-0.1	7:16	4:54	
15	Wed	2:05	0.4	2:18	0.4	8:29	0.0	9:09	-0.1	7:15	4:55	
16	Thu	3:03	0.4	3:15	0.4	9:30	0.0	10:06	0.0	7:15	4:56	
17	Fri	3:59	0.4	4:13	0.4	10:38	0.0	11:07	0.0	7:15	4:57	
18	Sat	4:55	0.4	5:11	0.3	11:48	0.0			7:14	4:58	
19	Sun	5:53	0.4	6:13	0.3	12:08	0.0	12:54	0.0	7:14	4:59	
20	Mon	6:54	0.4	7:18	0.3	1:07	0.0	1:54	0.0	7:13	5:00	
21	Tue	7:54	0.4	8:19	0.3	2:02	0.0	2:48	0.0	7:13	5:02	
22	Wed	8:47	0.4	9:12	0.3	2:53	0.0	3:39	0.0	7:12	5:03	
23	Thu	9:35	0.4	10:00	0.3	3:43	0.0	4:27	0.0	7:11	5:04	
24	Fri	10:19	0.4	10:44	0.3	4:30	0.0	5:13	0.0	7:11	5:05	
25	Sat	11:00	0.4	11:26	0.3	5:16	0.0	5:55	0.0	7:10	5:06	
26	Sun	11:41	0.4			5:59	0.0	6:33	0.0	7:09	5:07	
27	Mon	12:08	0.3	12:21	0.4	6:39	0.0	7:09	0.0	7:08	5:09	
28	Tue	12:49	0.3	1:02	0.4	7:16	0.0	7:43	0.0	7:08	5:10	
29	Wed	1:31	0.3	1:43	0.3	7:54	0.0	8:17	0.0	7:07	5:11	
30	Thu	2:14	0.3	2:25	0.3	8:32	0.0	8:52	0.0	7:06	5:12	
31	Fri	2:56	0.3	3:09	0.3	9:17	0.1	9:32	0.0	7:05	5:13	