US HARBORS www.USHarbors.com

Island Beach, NJ - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:14	0.4	6:35	0.3	12:27	0.0	1:18	0.0	7:17	4:42	
2	Mon	7:10	0.4	7:33	0.3	1:18	0.0	2:11	0.0	7:17	4:42	
3	Tue	8:02	0.4	8:27	0.3	2:05	0.0	2:59	0.0	7:17	4:43	
4	Wed	8:49	0.4	9:15	0.3	2:50	0.0	3:45	0.0	7:17	4:44	
5	Thu	9:31	0.4	9:59	0.3	3:34	0.0	4:30	0.0	7:17	4:45	
6	Fri	10:11	0.4	10:40	0.3	4:18	0.0	5:13	0.0	7:17	4:46	
7	Sat	10:48	0.4	11:21	0.3	5:01	0.0	5:53	0.0	7:17	4:47	
8	Sun	11:25	0.4			5:43	0.0	6:31	0.0	7:17	4:48	
9	Mon	12:01	0.3	12:01	0.4	6:22	0.0	7:06	0.0	7:17	4:49	
10	Tue	12:42	0.3	12:36	0.4	6:59	0.0	7:39	0.0	7:17	4:50	
11	Wed	1:23	0.3	1:12	0.3	7:34	0.0	8:12	0.0	7:17	4:51	
12	Thu	2:04	0.3	1:52	0.3	8:12	0.0	8:45	0.0	7:16	4:52	
13	Fri	2:46	0.3	2:36	0.3	8:55	0.1	9:22	0.0	7:16	4:53	
14	Sat	3:30	0.3	3:26	0.3	9:51	0.1	10:10	0.0	7:16	4:54	
15	Sun	4:15	0.3	4:20	0.3	11:03	0.1	11:11	0.0	7:15	4:55	
16	Mon	5:06	0.3	5:20	0.3			12:16	0.0	7:15	4:56	
17	Tue	6:05	0.4	6:29	0.3	12:16	0.0	1:22	0.0	7:14	4:57	
18	Wed	7:11	0.4	7:41	0.3	1:19	0.0	2:21	0.0	7:14	4:59	
19	Thu	8:14	0.4	8:44	0.3	2:18	0.0	3:17	0.0	7:13	5:00	
20	Fri	9:11	0.4	9:40	0.3	3:16	0.0	4:12	-0.1	7:13	5:01	
21	Sat	10:04	0.5	10:33	0.4	4:14	-0.1	5:06	-0.1	7:12	5:02	
22	Sun	10:56	0.5	11:26	0.4	5:10	-0.1	5:57	-0.1	7:12	5:03	
23	Mon	11:48	0.5			6:04	-0.1	6:45	-0.1	7:11	5:04	
24	Tue	12:19	0.4	12:40	0.4	6:56	-0.1	7:31	-0.1	7:10	5:05	
25	Wed	1:14	0.4	1:33	0.4	7:47	-0.1	8:17	-0.1	7:10	5:07	
26	Thu	2:09	0.4	2:27	0.4	8:39	0.0	9:04	-0.1	7:09	5:08	
27	Fri	3:02	0.4	3:20	0.4	9:36	0.0	9:55	0.0	7:08	5:09	
28	Sat	3:54	0.4	4:13	0.3	10:40	0.0	10:50	0.0	7:07	5:10	
29	Sun	4:45	0.4	5:06	0.3	11:47	0.0	11:48	0.0	7:07	5:11	
30	Mon	5:37	0.3	6:03	0.3			12:49	0.0	7:06	5:13	
31	Tue	6:34	0.3	7:05	0.3	12:44	0.0	1:46	0.0	7:05	5:14	