US HARBORS www.USHarbors.com

Island Beach, NJ - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:04	0.4	12:36	0.3	7:08	0.0	7:02	0.1	5:31	8:28	
2	Thu	12:40	0.4	1:16	0.3	7:45	0.0	7:40	0.1	5:32	8:28	
3	Fri	1:16	0.4	1:55	0.3	8:20	0.0	8:17	0.1	5:32	8:28	
4	Sat	1:54	0.4	2:36	0.3	8:54	0.0	8:55	0.1	5:33	8:28	
5	Sun	2:36	0.4	3:20	0.4	9:28	0.0	9:39	0.1	5:34	8:28	
6	Mon	3:23	0.4	4:06	0.4	10:07	0.0	10:34	0.1	5:34	8:27	
7	Tue	4:15	0.4	4:54	0.4	10:53	0.0	11:44	0.1	5:35	8:27	
8	Wed	5:09	0.4	5:45	0.4	11:50	0.0			5:35	8:27	
9	Thu	6:07	0.4	6:43	0.4	12:58	0.1	12:53	0.0	5:36	8:26	
10	Fri	7:13	0.3	7:48	0.5	2:05	0.1	1:56	0.0	5:37	8:26	
11	Sat	8:24	0.4	8:53	0.5	3:07	0.0	2:58	0.0	5:37	8:25	
12	Sun	9:31	0.4	9:54	0.5	4:05	0.0	3:58	0.0	5:38	8:25	
13	Mon	10:30	0.4	10:50	0.5	5:02	0.0	4:57	0.0	5:39	8:25	
14	Tue	11:25	0.4	11:43	0.5	5:57	0.0	5:55	0.0	5:40	8:24	
15	Wed			12:19	0.4	6:50	0.0	6:51	0.0	5:40	8:23	
16	Thu	12:35	0.5	1:13	0.4	7:38	0.0	7:43	0.0	5:41	8:23	
17	Fri	1:26	0.5	2:07	0.4	8:24	0.0	8:33	0.0	5:42	8:22	
18	Sat	2:18	0.4	3:01	0.4	9:08	0.0	9:23	0.0	5:43	8:22	
19	Sun	3:10	0.4	3:52	0.4	9:53	0.0	10:15	0.1	5:44	8:21	
20	Mon	4:01	0.4	4:41	0.4	10:40	0.0	11:13	0.1	5:44	8:20	
21	Tue	4:51	0.4	5:28	0.4	11:29	0.1			5:45	8:19	
22	Wed	5:39	0.3	6:15	0.4	12:15	0.1	12:21	0.1	5:46	8:19	
23	Thu	6:30	0.3	7:05	0.4	1:15	0.1	1:14	0.1	5:47	8:18	
24	Fri	7:26	0.3	7:59	0.4	2:11	0.1	2:06	0.1	5:48	8:17	
25	Sat	8:26	0.3	8:52	0.4	3:01	0.1	2:55	0.1	5:49	8:16	
26	Sun	9:22	0.3	9:41	0.4	3:49	0.1	3:42	0.1	5:49	8:15	
27	Mon	10:10	0.3	10:24	0.4	4:34	0.1	4:28	0.1	5:50	8:14	
28	Tue	10:52	0.3	11:04	0.4	5:18	0.0	5:14	0.1	5:51	8:14	
29	Wed	11:32	0.4	11:41	0.4	6:00	0.0	5:58	0.1	5:52	8:13	
30	Thu			12:10	0.4	6:40	0.0	6:41	0.1	5:53	8:12	
31	Fri	12:16	0.4	12:46	0.4	7:17	0.0	7:21	0.1	5:54	8:11	