US HARBORS www.USHarbors.com

Island Beach, NJ - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:56	0.4	8:24	0.3	2:04	0.0	2:55	0.0	7:17	4:42	
2	Wed	8:54	0.5	9:21	0.4	3:01	0.0	3:50	-0.1	7:17	4:43	
3	Thu	9:47	0.5	10:14	0.4	3:56	-0.1	4:43	-0.1	7:17	4:44	
4	Fri	10:36	0.5	11:05	0.4	4:50	-0.1	5:33	-0.1	7:17	4:44	
5	Sat	11:25	0.5	11:55	0.4	5:42	-0.1	6:20	-0.1	7:17	4:45	
6	Sun			12:13	0.4	6:31	0.0	7:04	-0.1	7:17	4:46	
7	Mon	12:44	0.4	1:01	0.4	7:17	0.0	7:46	-0.1	7:17	4:47	
8	Tue	1:34	0.4	1:49	0.4	8:02	0.0	8:27	0.0	7:17	4:48	
9	Wed	2:24	0.4	2:38	0.3	8:48	0.0	9:09	0.0	7:17	4:49	
10	Thu	3:12	0.3	3:26	0.3	9:40	0.0	9:55	0.0	7:17	4:50	
11	Fri	3:58	0.3	4:14	0.3	10:39	0.1	10:46	0.0	7:16	4:51	
12	Sat	4:44	0.3	5:03	0.3	11:42	0.1	11:40	0.0	7:16	4:52	
13	Sun	5:32	0.3	5:57	0.3			12:41	0.1	7:16	4:53	
14	Mon	6:26	0.3	6:56	0.3	12:35	0.0	1:35	0.0	7:16	4:54	
15	Tue	7:21	0.3	7:54	0.3	1:27	0.0	2:24	0.0	7:15	4:56	
16	Wed	8:13	0.4	8:44	0.3	2:16	0.0	3:11	0.0	7:15	4:57	
17	Thu	8:58	0.4	9:29	0.3	3:02	0.0	3:55	0.0	7:14	4:58	
18	Fri	9:39	0.4	10:09	0.3	3:48	0.0	4:39	0.0	7:14	4:59	
19	Sat	10:17	0.4	10:48	0.3	4:33	0.0	5:21	0.0	7:13	5:00	
20	Sun	10:54	0.4	11:27	0.4	5:18	0.0	6:01	-0.1	7:13	5:01	
21	Mon	11:32	0.4			6:01	0.0	6:39	-0.1	7:12	5:02	
22	Tue	12:08	0.4	12:13	0.4	6:44	0.0	7:16	-0.1	7:12	5:03	
23	Wed	12:51	0.4	12:58	0.4	7:27	0.0	7:54	-0.1	7:11	5:05	
24	Thu	1:40	0.4	1:49	0.4	8:13	0.0	8:35	0.0	7:10	5:06	
25	Fri	2:33	0.4	2:46	0.3	9:08	0.0	9:26	0.0	7:09	5:07	
26	Sat	3:29	0.4	3:45	0.3	10:14	0.0	10:29	0.0	7:09	5:08	
27	Sun	4:27	0.4	4:47	0.3	11:28	0.0	11:40	0.0	7:08	5:09	
28	Mon	5:29	0.4	5:54	0.3			12:39	0.0	7:07	5:11	
29	Tue	6:35	0.4	7:05	0.3	12:48	0.0	1:43	0.0	7:06	5:12	
30	Wed	7:42	0.4	8:12	0.3	1:51	0.0	2:40	0.0	7:05	5:13	
31	Thu	8:41	0.4	9:09	0.4	2:49	0.0	3:34	-0.1	7:04	5:14	