


































Main Marsh Thorofare, NJ - Jan 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 6:15 | 3.9 | 6:46 | 2.7 | 12:25 | -0.4 | 1:36 | -0.4 | 7:17 | 4:44 |  |
| 2 | Fri | 7:12 | 4.1 | 7:45 | 2.8 | 1:22 | -0.5 | 2:32 | -0.5 | 7:17 | 4:45 |  |
| 3 | Sat | 8:07 | 4.2 | 8:39 | 2.9 | 2:18 | -0.6 | 3:23 | -0.6 | 7:17 | 4:46 |  |
| 4 | Sun | 8:58 | 4.1 | 9:30 | 3.0 | 3:12 | -0.6 | 4:11 | -0.7 | 7:17 | 4:47 |  |
| 5 | Mon | 9:47 | 4.0 | 10:20 | 3.0 | 4:02 | -0.5 | 4:59 | -0.6 | 7:17 | 4:48 |  |
| 6 | Tue | 10:35 | 3.8 | 11:11 | 3.0 | 4:53 | -0.4 | 5:47 | -0.5 | 7:17 | 4:49 |  |
| 7 | Wed | 11:22 | 3.5 | | | 5:46 | -0.2 | 6:35 | -0.3 | 7:17 | 4:49 |  |
| 8 | Thu | 12:02 | 2.9 | 12:10 | 3.1 | 6:41 | 0.0 | 7:22 | -0.2 | 7:17 | 4:50 |  |
| 9 | Fri | 12:52 | 2.8 | 12:58 | 2.8 | 7:37 | 0.2 | 8:07 | 0.0 | 7:17 | 4:51 |  |
| 10 | Sat | 1:41 | 2.8 | 1:46 | 2.5 | 8:33 | 0.4 | 8:52 | 0.1 | 7:17 | 4:52 |  |
| 11 | Sun | 2:33 | 2.8 | 2:39 | 2.3 | 9:33 | 0.5 | 9:39 | 0.2 | 7:17 | 4:53 |  |
| 12 | Mon | 3:29 | 2.8 | 3:41 | 2.1 | 10:36 | 0.5 | 10:31 | 0.3 | 7:16 | 4:54 |  |
| 13 | Tue | 4:25 | 2.9 | 4:40 | 2.1 | 11:36 | 0.5 | 11:22 | 0.3 | 7:16 | 4:56 |  |
| 14 | Wed | 5:15 | 3.0 | 5:33 | 2.1 | | | 12:29 | 0.4 | 7:16 | 4:57 |  |
| 15 | Thu | 6:01 | 3.1 | 6:21 | 2.2 | 12:09 | 0.2 | 1:18 | 0.2 | 7:15 | 4:58 |  |
| 16 | Fri | 6:46 | 3.2 | 7:08 | 2.2 | 12:55 | 0.1 | 2:03 | 0.1 | 7:15 | 4:59 |  |
| 17 | Sat | 7:29 | 3.4 | 7:52 | 2.3 | 1:39 | 0.0 | 2:43 | 0.0 | 7:15 | 5:00 |  |
| 18 | Sun | 8:09 | 3.5 | 8:32 | 2.4 | 2:21 | -0.1 | 3:19 | -0.1 | 7:14 | 5:01 |  |
| 19 | Mon | 8:47 | 3.5 | 9:09 | 2.5 | 3:00 | -0.1 | 3:53 | -0.2 | 7:14 | 5:02 |  |
| 20 | Tue | 9:22 | 3.5 | 9:45 | 2.6 | 3:38 | -0.2 | 4:27 | -0.3 | 7:13 | 5:03 |  |
| 21 | Wed | 9:58 | 3.4 | 10:23 | 2.7 | 4:17 | -0.2 | 5:02 | -0.3 | 7:12 | 5:04 |  |
| 22 | Thu | 10:36 | 3.3 | 11:04 | 2.8 | 5:00 | -0.1 | 5:40 | -0.3 | 7:12 | 5:05 |  |
| 23 | Fri | 11:19 | 3.1 | 11:50 | 2.9 | 5:48 | -0.1 | 6:22 | -0.3 | 7:11 | 5:07 |  |
| 24 | Sat | | | 12:06 | 2.9 | 6:44 | 0.0 | 7:07 | -0.2 | 7:10 | 5:08 |  |
| 25 | Sun | 12:41 | 3.0 | 12:59 | 2.7 | 7:45 | 0.1 | 7:57 | -0.2 | 7:10 | 5:09 |  |
| 26 | Mon | 1:38 | 3.1 | 2:00 | 2.5 | 8:51 | 0.2 | 8:54 | -0.1 | 7:09 | 5:10 |  |
| 27 | Tue | 2:44 | 3.2 | 3:14 | 2.3 | 10:07 | 0.1 | 9:59 | -0.1 | 7:08 | 5:11 |  |
| 28 | Wed | 3:57 | 3.3 | 4:31 | 2.3 | 11:21 | 0.0 | 11:08 | -0.2 | 7:07 | 5:12 |  |
| 29 | Thu | 5:06 | 3.5 | 5:38 | 2.4 | | | 12:27 | -0.1 | 7:07 | 5:14 |  |
| 30 | Fri | 6:06 | 3.7 | 6:39 | 2.6 | 12:13 | -0.3 | 1:26 | -0.3 | 7:06 | 5:15 |  |
| 31 | Sat | 7:03 | 3.8 | 7:35 | 2.8 | 1:13 | -0.4 | 2:19 | -0.5 | 7:05 | 5:16 |  |