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# Manasquan Inlet, USCG Station, NJ - Jan 1790

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 7:07 | 4.7 | 7:41 | 3.9 | 12:50 | -0.4 | 1:40 | -0.7 | 7:22 | 4:46 | |
| 2 | Sat | 7:50 | 4.8 | 8:27 | 4.0 | 1:38 | -0.5 | 2:25 | -0.8 | 7:22 | 4:46 | |
| 3 | Sun | 8:36 | 4.7 | 9:16 | 4.1 | 2:26 | -0.6 | 3:08 | -0.9 | 7:23 | 4:47 | |
| 4 | Mon | 9:26 | 4.6 | 10:09 | 4.1 | 3:13 | -0.6 | 3:52 | -0.8 | 7:23 | 4:48 | |
| 5 | Tue | 10:20 | 4.4 | 11:05 | 4.1 | 4:02 | -0.5 | 4:38 | -0.7 | 7:23 | 4:49 | |
| 6 | Wed | 11:18 | 4.2 | | | 4:57 | -0.3 | 5:30 | -0.5 | 7:22 | 4:50 | |
| 7 | Thu | 12:02 | 4.2 | 12:16 | 3.9 | 6:00 | -0.1 | 6:29 | -0.4 | 7:22 | 4:51 | |
| 8 | Fri | 12:59 | 4.2 | 1:14 | 3.7 | 7:10 | 0.1 | 7:33 | -0.3 | 7:22 | 4:52 | |
| 9 | Sat | 1:56 | 4.2 | 2:15 | 3.6 | 8:19 | 0.1 | 8:36 | -0.2 | 7:22 | 4:53 | |
| 10 | Sun | 2:57 | 4.2 | 3:20 | 3.5 | 9:23 | -0.1 | 9:35 | -0.3 | 7:22 | 4:54 | |
| 11 | Mon | 3:59 | 4.3 | 4:25 | 3.5 | 10:21 | -0.2 | 10:30 | -0.3 | 7:22 | 4:55 | |
| 12 | Tue | 4:58 | 4.4 | 5:23 | 3.6 | 11:14 | -0.4 | 11:22 | -0.4 | 7:21 | 4:56 | |
| 13 | Wed | 5:50 | 4.5 | 6:14 | 3.7 | | | 12:04 | -0.5 | 7:21 | 4:57 | |
| 14 | Thu | 6:36 | 4.5 | 7:01 | 3.8 | 12:11 | -0.4 | 12:52 | -0.6 | 7:21 | 4:58 | |
| 15 | Fri | 7:20 | 4.5 | 7:45 | 3.8 | 12:59 | -0.4 | 1:36 | -0.6 | 7:20 | 4:59 | |
| 16 | Sat | 8:01 | 4.4 | 8:27 | 3.8 | 1:44 | -0.4 | 2:17 | -0.6 | 7:20 | 5:00 | |
| 17 | Sun | 8:42 | 4.2 | 9:09 | 3.7 | 2:26 | -0.3 | 2:55 | -0.5 | 7:19 | 5:02 | |
| 18 | Mon | 9:23 | 4.0 | 9:51 | 3.6 | 3:05 | -0.1 | 3:30 | -0.4 | 7:19 | 5:03 | |
| 19 | Tue | 10:05 | 3.8 | 10:34 | 3.5 | 3:43 | 0.1 | 4:05 | -0.2 | 7:18 | 5:04 | |
| 20 | Wed | 10:47 | 3.6 | 11:17 | 3.5 | 4:22 | 0.3 | 4:40 | 0.0 | 7:18 | 5:05 | |
| 21 | Thu | 11:32 | 3.3 | | | 5:04 | 0.5 | 5:17 | 0.2 | 7:17 | 5:06 | |
| 22 | Fri | 12:01 | 3.4 | 12:17 | 3.2 | 5:54 | 0.7 | 6:02 | 0.3 | 7:16 | 5:07 | |
| 23 | Sat | 12:44 | 3.4 | 1:04 | 3.0 | 6:57 | 0.8 | 6:58 | 0.4 | 7:16 | 5:09 | |
| 24 | Sun | 1:29 | 3.4 | 1:56 | 2.9 | 8:04 | 0.7 | 8:00 | 0.4 | 7:15 | 5:10 | |
| 25 | Mon | 2:20 | 3.5 | 2:55 | 2.9 | 9:06 | 0.6 | 9:00 | 0.3 | 7:14 | 5:11 | |
| 26 | Tue | 3:19 | 3.6 | 3:58 | 3.1 | 10:01 | 0.3 | 9:55 | 0.1 | 7:13 | 5:12 | |
| 27 | Wed | 4:19 | 3.9 | 4:56 | 3.3 | 10:51 | 0.0 | 10:47 | -0.2 | 7:13 | 5:13 | |
| 28 | Thu | 5:13 | 4.2 | 5:47 | 3.6 | 11:40 | -0.4 | 11:38 | -0.4 | 7:12 | 5:14 | |
| 29 | Fri | 6:02 | 4.5 | 6:34 | 3.9 | | | 12:28 | -0.7 | 7:11 | 5:16 | |
| 30 | Sat | 6:48 | 4.7 | 7:20 | 4.1 | 12:30 | -0.7 | 1:16 | -0.9 | 7:10 | 5:17 | |
| 31 | Sun | 7:35 | 4.8 | 8:07 | 4.3 | 1:21 | -0.9 | 2:02 | -1.1 | 7:09 | 5:18 | |