

































## Manasquan Inlet, USCG Station, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:14	4.7	5:48	3.8	11:44	-0.5	11:39	-0.6	7:18	4:41	
2	Fri	6:10	4.9	6:43	3.9			12:39	-0.7	7:18	4:42	
3	Sat	7:03	5.0	7:36	4.0	12:36	-0.7	1:32	-0.9	7:18	4:43	
4	Sun	7:54	4.9	8:28	4.1	1:31	-0.7	2:22	-1.0	7:18	4:43	
5	Mon	8:44	4.8	9:21	4.0	2:23	-0.6	3:09	-0.9	7:18	4:44	
6	Tue	9:34	4.5	10:13	3.9	3:12	-0.5	3:53	-0.8	7:18	4:45	
7	Wed	10:25	4.2	11:06	3.9	3:59	-0.2	4:37	-0.5	7:18	4:46	
8	Thu	11:15	3.9	11:56	3.8	4:48	0.1	5:21	-0.2	7:18	4:47	
9	Fri			12:04	3.6	5:41	0.4	6:08	0.1	7:17	4:48	
10	Sat	12:43	3.7	12:52	3.3	6:39	0.6	6:59	0.3	7:17	4:49	
11	Sun	1:30	3.6	1:41	3.1	7:42	0.7	7:51	0.5	7:17	4:50	
12	Mon	2:17	3.6	2:33	2.9	8:42	0.7	8:44	0.5	7:17	4:51	
13	Tue	3:10	3.6	3:32	2.8	9:36	0.6	9:34	0.5	7:16	4:52	
14	Wed	4:05	3.7	4:31	2.9	10:26	0.4	10:22	0.4	7:16	4:54	
15	Thu	4:57	3.8	5:23	3.0	11:13	0.2	11:08	0.3	7:16	4:55	
16	Fri	5:43	3.9	6:09	3.1	11:58	0.0	11:53	0.2	7:15	4:56	
17	Sat	6:24	4.1	6:50	3.3			12:42	-0.1	7:15	4:57	
18	Sun	7:02	4.2	7:28	3.4	12:38	0.1	1:25	-0.3	7:14	4:58	
19	Mon	7:39	4.2	8:05	3.4	1:22	0.0	2:04	-0.4	7:14	4:59	
20	Tue	8:15	4.2	8:42	3.5	2:03	-0.1	2:41	-0.5	7:13	5:00	
21	Wed	8:52	4.2	9:21	3.6	2:43	-0.1	3:16	-0.5	7:13	5:01	
22	Thu	9:33	4.0	10:04	3.7	3:22	-0.1	3:50	-0.5	7:12	5:03	
23	Fri	10:19	3.9	10:52	3.8	4:04	0.0	4:27	-0.4	7:11	5:04	
24	Sat	11:10	3.7	11:45	3.9	4:52	0.1	5:09	-0.3	7:11	5:05	
25	Sun			12:07	3.5	5:53	0.3	6:02	-0.1	7:10	5:06	
26	Mon	12:40	4.0	1:07	3.3	7:09	0.3	7:08	0.0	7:09	5:07	
27	Tue	1:40	4.0	2:12	3.2	8:25	0.3	8:21	0.0	7:08	5:09	
28	Wed	2:46	4.1	3:24	3.2	9:33	0.1	9:29	-0.2	7:07	5:10	
29	Thu	3:57	4.2	4:35	3.4	10:34	-0.2	10:31	-0.3	7:07	5:11	
30	Fri	5:03	4.4	5:37	3.6	11:31	-0.5	11:29	-0.5	7:06	5:12	
31	Sat	6:00	4.6	6:31	3.9			12:24	-0.7	7:05	5:13	