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# Mantoloking (inland waterway), NJ - Jan 2055

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 2:04 | 0.3 | 2:16 | 0.3 | 8:17 | 0.0 | 8:51 | 0.0 | 7:18 | 4:41 | |
| 2 | Sat | 2:49 | 0.3 | 3:00 | 0.3 | 8:55 | 0.0 | 9:28 | 0.0 | 7:18 | 4:42 | |
| 3 | Sun | 3:36 | 0.3 | 3:45 | 0.3 | 9:35 | 0.0 | 10:07 | 0.0 | 7:18 | 4:43 | |
| 4 | Mon | 4:22 | 0.3 | 4:31 | 0.3 | 10:20 | 0.1 | 10:51 | 0.0 | 7:18 | 4:44 | |
| 5 | Tue | 5:07 | 0.3 | 5:16 | 0.3 | 11:17 | 0.1 | 11:42 | 0.0 | 7:18 | 4:45 | |
| 6 | Wed | 5:51 | 0.3 | 6:04 | 0.3 | | | 12:24 | 0.1 | 7:18 | 4:46 | |
| 7 | Thu | 6:37 | 0.3 | 6:55 | 0.3 | 12:37 | 0.0 | 1:28 | 0.1 | 7:18 | 4:46 | |
| 8 | Fri | 7:27 | 0.3 | 7:54 | 0.3 | 1:32 | 0.0 | 2:26 | 0.0 | 7:17 | 4:47 | |
| 9 | Sat | 8:23 | 0.3 | 8:54 | 0.3 | 2:25 | 0.0 | 3:19 | 0.0 | 7:17 | 4:48 | |
| 10 | Sun | 9:18 | 0.3 | 9:50 | 0.3 | 3:15 | 0.0 | 4:09 | 0.0 | 7:17 | 4:49 | |
| 11 | Mon | 10:08 | 0.4 | 10:40 | 0.3 | 4:05 | 0.0 | 4:59 | 0.0 | 7:17 | 4:50 | |
| 12 | Tue | 10:56 | 0.4 | 11:28 | 0.3 | 4:55 | 0.0 | 5:49 | -0.1 | 7:17 | 4:52 | |
| 13 | Wed | 11:42 | 0.4 | | | 5:46 | -0.1 | 6:38 | -0.1 | 7:16 | 4:53 | |
| 14 | Thu | 12:16 | 0.3 | 12:30 | 0.4 | 6:38 | -0.1 | 7:26 | -0.1 | 7:16 | 4:54 | |
| 15 | Fri | 1:06 | 0.3 | 1:21 | 0.4 | 7:29 | -0.1 | 8:13 | -0.1 | 7:15 | 4:55 | |
| 16 | Sat | 1:59 | 0.3 | 2:13 | 0.4 | 8:19 | -0.1 | 9:00 | -0.1 | 7:15 | 4:56 | |
| 17 | Sun | 2:55 | 0.3 | 3:09 | 0.4 | 9:10 | -0.1 | 9:49 | -0.1 | 7:15 | 4:57 | |
| 18 | Mon | 3:52 | 0.3 | 4:07 | 0.3 | 10:06 | 0.0 | 10:42 | 0.0 | 7:14 | 4:58 | |
| 19 | Tue | 4:50 | 0.3 | 5:05 | 0.3 | 11:09 | 0.0 | 11:41 | 0.0 | 7:14 | 4:59 | |
| 20 | Wed | 5:46 | 0.3 | 6:01 | 0.3 | | | 12:18 | 0.0 | 7:13 | 5:00 | |
| 21 | Thu | 6:42 | 0.3 | 7:00 | 0.3 | 12:43 | 0.0 | 1:25 | 0.0 | 7:12 | 5:02 | |
| 22 | Fri | 7:40 | 0.3 | 8:02 | 0.3 | 1:44 | 0.0 | 2:27 | 0.0 | 7:12 | 5:03 | |
| 23 | Sat | 8:40 | 0.3 | 9:05 | 0.3 | 2:40 | 0.0 | 3:23 | 0.0 | 7:11 | 5:04 | |
| 24 | Sun | 9:36 | 0.3 | 10:01 | 0.3 | 3:32 | 0.0 | 4:14 | 0.0 | 7:10 | 5:05 | |
| 25 | Mon | 10:26 | 0.3 | 10:50 | 0.3 | 4:20 | 0.0 | 5:02 | 0.0 | 7:10 | 5:06 | |
| 26 | Tue | 11:10 | 0.3 | 11:33 | 0.3 | 5:07 | 0.0 | 5:47 | 0.0 | 7:09 | 5:07 | |
| 27 | Wed | 11:51 | 0.4 | | | 5:52 | 0.0 | 6:30 | 0.0 | 7:08 | 5:09 | |
| 28 | Thu | 12:15 | 0.3 | 12:31 | 0.3 | 6:35 | 0.0 | 7:09 | 0.0 | 7:07 | 5:10 | |
| 29 | Fri | 12:55 | 0.3 | 1:09 | 0.3 | 7:16 | 0.0 | 7:46 | 0.0 | 7:07 | 5:11 | |
| 30 | Sat | 1:34 | 0.3 | 1:47 | 0.3 | 7:54 | 0.0 | 8:21 | 0.0 | 7:06 | 5:12 | |
| 31 | Sun | 2:14 | 0.3 | 2:26 | 0.3 | 8:30 | 0.0 | 8:54 | 0.0 | 7:05 | 5:13 | |