

































North Highlands Beach, NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:24	4.8	9:38	6.0	3:28	0.1	3:21	0.3	6:01	7:52	
2	Sat	10:00	4.7	10:14	6.0	4:05	0.2	3:55	0.3	6:00	7:53	
3	Sun	10:36	4.5	10:49	5.9	4:42	0.3	4:29	0.5	5:58	7:54	
4	Mon	11:13	4.4	11:27	5.8	5:19	0.4	5:04	0.6	5:57	7:55	
5	Tue	11:53	4.2			5:59	0.6	5:43	0.8	5:56	7:56	
6	Wed	12:08	5.6	12:35	4.1	6:42	0.8	6:26	1.0	5:55	7:57	
7	Thu	12:51	5.4	1:20	4.0	7:28	0.9	7:14	1.1	5:54	7:58	
8	Fri	1:37	5.3	2:09	4.0	8:16	1.0	8:08	1.2	5:53	7:59	
9	Sat	2:27	5.1	3:03	4.1	9:04	1.0	9:05	1.2	5:52	8:00	
10	Sun	3:21	5.0	4:01	4.4	9:54	0.9	10:06	1.1	5:51	8:01	
11	Mon	4:21	5.0	4:59	4.7	10:44	0.7	11:07	0.9	5:50	8:02	
12	Tue	5:19	5.0	5:52	5.2	11:34	0.5			5:49	8:02	
13	Wed	6:13	5.0	6:42	5.8	12:07	0.6	12:22	0.2	5:48	8:03	
14	Thu	7:05	5.1	7:31	6.3	1:04	0.3	1:10	0.0	5:47	8:04	
15	Fri	7:58	5.1	8:21	6.7	1:59	-0.1	1:59	-0.3	5:46	8:05	
16	Sat	8:50	5.1	9:12	6.9	2:53	-0.3	2:48	-0.4	5:45	8:06	
17	Sun	9:43	5.1	10:03	7.1	3:45	-0.5	3:38	-0.5	5:44	8:07	
18	Mon	10:37	5.0	10:57	7.0	4:37	-0.5	4:28	-0.4	5:44	8:08	
19	Tue	11:33	4.9	11:52	6.8	5:31	-0.4	5:21	-0.2	5:43	8:09	
20	Wed			12:32	4.8	6:28	-0.2	6:19	0.1	5:42	8:10	
21	Thu	12:51	6.4	1:32	4.7	7:29	0.1	7:23	0.3	5:41	8:11	
22	Fri	1:51	6.1	2:35	4.7	8:30	0.2	8:30	0.6	5:41	8:11	
23	Sat	2:52	5.6	3:39	4.9	9:29	0.4	9:39	0.7	5:40	8:12	
24	Sun	3:57	5.3	4:43	5.0	10:26	0.4	10:48	0.8	5:39	8:13	
25	Mon	5:01	5.0	5:40	5.3	11:18	0.5	11:53	0.8	5:39	8:14	
26	Tue	5:57	4.8	6:30	5.5			12:07	0.5	5:38	8:15	
27	Wed	6:47	4.7	7:14	5.7	12:51	0.7	12:51	0.5	5:38	8:15	
28	Thu	7:33	4.5	7:55	5.9	1:42	0.6	1:32	0.5	5:37	8:16	
29	Fri	8:16	4.5	8:34	6.0	2:29	0.5	2:12	0.5	5:37	8:17	
30	Sat	8:57	4.4	9:12	6.0	3:10	0.4	2:50	0.5	5:36	8:18	
31	Sun	9:36	4.4	9:49	6.0	3:47	0.4	3:26	0.5	5:36	8:18	