

































## Red Bank, Navesink River, NJ - May 2026

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