US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:59	4.0	3:38	4.8	9:25	0.5	10:14	0.7	5:31	8:28	
2	Thu	3:56	3.8	4:32	4.8	10:16	0.6	11:06	0.7	5:31	8:28	
3	Fri	4:55	3.8	5:25	4.8	11:03	0.7	11:54	0.6	5:32	8:28	
4	Sat	5:50	3.8	6:12	4.9	11:49	0.7			5:32	8:28	
5	Sun	6:39	3.9	6:56	4.9	12:40	0.5	12:34	0.7	5:33	8:28	
6	Mon	7:23	4.0	7:36	5.0	1:24	0.4	1:19	0.7	5:34	8:27	
7	Tue	8:04	4.0	8:15	4.9	2:07	0.3	2:03	0.7	5:34	8:27	
8	Wed	8:45	4.1	8:53	4.9	2:48	0.3	2:46	0.7	5:35	8:27	
9	Thu	9:24	4.1	9:29	4.7	3:25	0.2	3:25	0.8	5:36	8:26	
10	Fri	10:04	4.1	10:05	4.6	4:00	0.3	4:03	0.8	5:36	8:26	
11	Sat	10:42	4.1	10:42	4.4	4:33	0.3	4:39	0.9	5:37	8:25	
12	Sun	11:21	4.1	11:22	4.3	5:05	0.4	5:16	1.0	5:38	8:25	
13	Mon			12:02	4.2	5:37	0.5	6:00	1.1	5:38	8:24	
14	Tue	12:08	4.1	12:46	4.4	6:15	0.6	6:58	1.2	5:39	8:24	
15	Wed	12:58	4.0	1:32	4.6	7:03	0.6	8:11	1.1	5:40	8:23	
16	Thu	1:52	3.9	2:25	4.7	8:03	0.6	9:22	1.0	5:41	8:23	
17	Fri	2:53	3.8	3:25	4.9	9:10	0.6	10:27	0.7	5:41	8:22	
18	Sat	4:02	3.9	4:32	5.2	10:15	0.4	11:26	0.4	5:42	8:22	
19	Sun	5:13	4.1	5:37	5.4	11:16	0.2			5:43	8:21	
20	Mon	6:15	4.4	6:36	5.7	12:22	0.0	12:16	0.0	5:44	8:20	
21	Tue	7:12	4.7	7:30	5.8	1:17	-0.2	1:15	-0.2	5:45	8:19	
22	Wed	8:06	4.9	8:22	5.9	2:10	-0.5	2:12	-0.3	5:46	8:19	
23	Thu	8:59	5.1	9:14	5.7	3:01	-0.7	3:07	-0.3	5:46	8:18	
24	Fri	9:52	5.2	10:06	5.5	3:48	-0.7	3:59	-0.2	5:47	8:17	
25	Sat	10:47	5.2	10:59	5.2	4:34	-0.6	4:50	0.0	5:48	8:16	
26	Sun	11:41	5.1	11:53	4.8	5:19	-0.4	5:42	0.3	5:49	8:15	
27	Mon			12:33	5.0	6:06	0.0	6:39	0.6	5:50	8:14	
28	Tue	12:46	4.4	1:24	4.9	6:57	0.3	7:41	0.8	5:51	8:13	
29	Wed	1:38	4.1	2:14	4.8	7:52	0.6	8:45	0.9	5:52	8:12	
30	Thu	2:30	3.9	3:05	4.6	8:49	0.8	9:45	1.0	5:53	8:11	
31	Fri	3:26	3.7	3:59	4.6	9:45	0.9	10:39	0.9	5:54	8:10	