US HARBORS www.USHarbors.com

Seaside Heights, NJ - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:49	5.2	6:21	4.2			12:30	-0.2	6:58	4:31	
2	Wed	6:34	5.4	7:08	4.3	12:22	-0.2	1:21	-0.4	6:59	4:31	
3	Thu	7:21	5.5	7:59	4.3	1:13	-0.3	2:11	-0.5	7:00	4:31	
4	Fri	8:12	5.4	8:53	4.3	2:05	-0.3	2:59	-0.5	7:01	4:31	
5	Sat	9:07	5.2	9:52	4.3	2:56	-0.3	3:48	-0.5	7:02	4:31	
6	Sun	10:06	5.0	10:53	4.3	3:49	-0.1	4:39	-0.4	7:03	4:31	
7	Mon	11:06	4.8	11:53	4.4	4:46	0.1	5:35	-0.2	7:04	4:30	
8	Tue			12:05	4.5	5:52	0.3	6:35	-0.1	7:05	4:30	
9	Wed	12:50	4.5	1:02	4.3	7:02	0.4	7:35	-0.1	7:06	4:31	
10	Thu	1:45	4.5	1:59	4.1	8:10	0.4	8:32	0.0	7:07	4:31	
11	Fri	2:42	4.6	2:59	3.9	9:12	0.3	9:25	0.0	7:07	4:31	
12	Sat	3:39	4.7	3:59	3.8	10:07	0.1	10:13	0.0	7:08	4:31	
13	Sun	4:32	4.8	4:54	3.8	10:57	0.0	10:59	0.0	7:09	4:31	
14	Mon	5:20	4.9	5:43	3.9	11:45	-0.1	11:44	0.0	7:10	4:31	
15	Tue	6:03	4.9	6:27	3.9			12:31	-0.1	7:10	4:32	
16	Wed	6:45	4.9	7:10	3.9	12:29	0.1	1:15	-0.2	7:11	4:32	
17	Thu	7:24	4.8	7:51	3.8	1:12	0.1	1:57	-0.2	7:12	4:32	
18	Fri	8:04	4.6	8:33	3.7	1:54	0.2	2:36	-0.1	7:12	4:33	
19	Sat	8:43	4.4	9:15	3.6	2:33	0.3	3:12	0.0	7:13	4:33	
20	Sun	9:23	4.2	9:59	3.6	3:11	0.4	3:47	0.1	7:13	4:33	
21	Mon	10:04	4.0	10:44	3.5	3:48	0.6	4:23	0.2	7:14	4:34	
22	Tue	10:47	3.8	11:28	3.6	4:26	0.8	5:00	0.3	7:14	4:34	
23	Wed	11:32	3.7			5:12	0.9	5:42	0.4	7:15	4:35	
24	Thu	12:11	3.6	12:18	3.5	6:13	1.0	6:31	0.5	7:15	4:36	
25	Fri	12:54	3.8	1:07	3.4	7:23	0.9	7:28	0.4	7:16	4:36	
26	Sat	1:41	3.9	2:03	3.4	8:30	0.8	8:26	0.3	7:16	4:37	
27	Sun	2:35	4.1	3:07	3.4	9:30	0.5	9:21	0.2	7:16	4:38	
28	Mon	3:35	4.4	4:12	3.5	10:25	0.2	10:16	0.0	7:17	4:38	
29	Tue	4:34	4.7	5:10	3.8	11:18	-0.2	11:09	-0.3	7:17	4:39	
30	Wed	5:28	5.0	6:03	4.0			12:11	-0.5	7:17	4:40	
31	Thu	6:20	5.3	6:54	4.2	12:04	-0.5	1:04	-0.7	7:17	4:40	