US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:10	5.4	7:45	4.5	1:00	-0.7	1:53	-1.0	7:17	4:41	
2	Sat	8:01	5.4	8:39	4.5	1:54	-0.8	2:41	-1.1	7:17	4:42	
3	Sun	8:53	5.2	9:34	4.6	2:46	-0.8	3:28	-1.1	7:17	4:43	
4	Mon	9:48	5.0	10:31	4.6	3:37	-0.7	4:15	-0.9	7:17	4:44	
5	Tue	10:44	4.6	11:27	4.5	4:31	-0.4	5:05	-0.7	7:17	4:45	
6	Wed	11:41	4.3			5:30	-0.1	6:00	-0.4	7:17	4:46	
7	Thu	12:22	4.5	12:36	4.0	6:35	0.1	6:59	-0.2	7:17	4:47	
8	Fri	1:16	4.4	1:31	3.7	7:43	0.3	7:58	0.0	7:17	4:48	
9	Sat	2:11	4.3	2:30	3.4	8:47	0.3	8:56	0.1	7:17	4:49	
10	Sun	3:09	4.2	3:33	3.4	9:44	0.2	9:48	0.1	7:17	4:50	
11	Mon	4:06	4.3	4:32	3.4	10:36	0.1	10:37	0.1	7:17	4:51	
12	Tue	4:58	4.3	5:24	3.5	11:23	0.0	11:24	0.1	7:16	4:52	
13	Wed	5:44	4.4	6:09	3.6			12:08	-0.1	7:16	4:53	
14	Thu	6:26	4.5	6:50	3.7	12:09	0.0	12:51	-0.2	7:16	4:54	
15	Fri	7:05	4.5	7:29	3.8	12:53	0.0	1:32	-0.3	7:15	4:55	
16	Sat	7:42	4.4	8:08	3.8	1:34	0.0	2:09	-0.3	7:15	4:56	
17	Sun	8:19	4.3	8:45	3.7	2:14	0.0	2:44	-0.3	7:14	4:57	
18	Mon	8:54	4.1	9:22	3.7	2:50	0.1	3:16	-0.2	7:14	4:58	
19	Tue	9:29	3.9	9:58	3.7	3:25	0.2	3:47	-0.1	7:13	4:59	
20	Wed	10:06	3.7	10:36	3.7	4:00	0.3	4:17	0.0	7:13	5:01	
21	Thu	10:48	3.5	11:18	3.7	4:38	0.5	4:50	0.1	7:12	5:02	
22	Fri	11:35	3.4			5:27	0.6	5:32	0.2	7:12	5:03	
23	Sat	12:04	3.8	12:28	3.3	6:35	0.7	6:30	0.3	7:11	5:04	
24	Sun	12:55	3.9	1:26	3.2	7:52	0.6	7:41	0.3	7:10	5:05	
25	Mon	1:55	4.1	2:34	3.2	9:01	0.4	8:51	0.1	7:10	5:06	
26	Tue	3:03	4.3	3:46	3.4	10:01	0.0	9:54	-0.2	7:09	5:08	
27	Wed	4:11	4.6	4:50	3.7	10:57	-0.3	10:53	-0.5	7:08	5:09	
28	Thu	5:11	4.9	5:46	4.1	11:50	-0.7	11:50	-0.8	7:07	5:10	
29	Fri	6:05	5.2	6:38	4.5			12:42	-1.0	7:06	5:11	
30	Sat	6:56	5.3	7:29	4.7	12:46	-1.0	1:31	-1.2	7:06	5:12	
31	Sun	7:46	5.3	8:19	4.9	1:40	-1.1	2:19	-1.3	7:05	5:14	