US HARBORS www.USHarbors.com

Seaside Heights, NJ - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:08	4.3	5:37	0.6	6:16	1.2	5:54	8:10	
2	Mon	12:23	3.9	12:51	4.4	6:14	0.8	7:16	1.3	5:55	8:09	
3	Tue	1:12	3.8	1:37	4.5	7:04	0.9	8:27	1.3	5:56	8:07	
4	Wed	2:05	3.7	2:29	4.6	8:09	0.9	9:35	1.1	5:57	8:06	
5	Thu	3:06	3.7	3:31	4.7	9:19	0.8	10:36	0.8	5:58	8:05	
6	Fri	4:14	3.8	4:38	5.0	10:23	0.6	11:31	0.4	5:59	8:04	
7	Sat	5:21	4.1	5:40	5.3	11:23	0.3			6:00	8:03	
8	Sun	6:18	4.5	6:35	5.6	12:23	0.1	12:20	0.1	6:01	8:02	
9	Mon	7:11	4.8	7:27	5.8	1:14	-0.2	1:16	-0.2	6:02	8:00	
10	Tue	8:01	5.2	8:16	5.8	2:04	-0.5	2:12	-0.3	6:03	7:59	
11	Wed	8:52	5.4	9:07	5.7	2:52	-0.7	3:05	-0.4	6:04	7:58	
12	Thu	9:44	5.5	9:59	5.5	3:38	-0.7	3:57	-0.4	6:05	7:57	
13	Fri	10:37	5.5	10:53	5.1	4:24	-0.6	4:48	-0.2	6:06	7:55	
14	Sat	11:32	5.4	11:49	4.8	5:10	-0.4	5:41	0.1	6:07	7:54	
15	Sun			12:28	5.2	5:59	0.0	6:41	0.5	6:07	7:53	
16	Mon	12:46	4.4	1:22	5.1	6:54	0.4	7:46	0.7	6:08	7:51	
17	Tue	1:43	4.2	2:17	4.9	7:56	0.7	8:54	0.8	6:09	7:50	
18	Wed	2:40	4.0	3:13	4.7	9:00	0.8	9:56	0.8	6:10	7:49	
19	Thu	3:41	3.8	4:12	4.7	10:00	0.9	10:51	0.7	6:11	7:47	
20	Fri	4:43	3.9	5:10	4.7	10:54	0.9	11:39	0.6	6:12	7:46	
21	Sat	5:40	4.0	6:01	4.8	11:43	0.8			6:13	7:44	
22	Sun	6:27	4.2	6:44	4.9	12:22	0.5	12:28	0.7	6:14	7:43	
23	Mon	7:09	4.4	7:24	4.9	1:04	0.4	1:12	0.6	6:15	7:41	
24	Tue	7:47	4.5	8:01	4.9	1:43	0.3	1:55	0.5	6:16	7:40	
25	Wed	8:24	4.6	8:36	4.8	2:20	0.3	2:36	0.5	6:17	7:38	
26	Thu	8:59	4.6	9:11	4.7	2:56	0.3	3:15	0.6	6:18	7:37	
27	Fri	9:32	4.6	9:45	4.5	3:29	0.3	3:51	0.7	6:19	7:35	
28	Sat	10:04	4.6	10:20	4.2	4:00	0.4	4:26	0.8	6:20	7:34	
29	Sun	10:37	4.5	10:59	4.0	4:29	0.6	5:02	0.9	6:21	7:32	
30	Mon	11:16	4.5	11:46	3.9	4:59	0.7	5:42	1.1	6:22	7:31	
31	Tue			12:04	4.5	5:34	0.8	6:37	1.2	6:23	7:29	