US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**4:30**	4.7	**4:56**	3.8	**10:59**	-0.2	**11:03**	-0.2	7:17	4:41	
2	Sun	**5:23**	4.8	**5:48**	3.9	**11:50**	-0.4	**11:53**	-0.3	7:17	4:42	
3	Mon	**6:11**	4.9	**6:36**	4.0			**12:38**	-0.5	7:17	4:43	
4	Tue	**6:55**	4.9	**7:21**	4.0	**12:42**	-0.2	**1:24**	-0.5	7:17	4:44	
5	Wed	**7:37**	4.8	**8:04**	4.0	**1:28**	-0.2	**2:06**	-0.5	7:17	4:45	
6	Thu	**8:19**	4.6	**8:47**	3.9	**2:11**	-0.1	**2:45**	-0.4	7:17	4:45	
7	Fri	**9:00**	4.4	**9:30**	3.8	**2:51**	0.0	**3:21**	-0.3	7:17	4:46	
8	Sat	**9:42**	4.1	**10:14**	3.7	**3:30**	0.2	**3:55**	-0.2	7:17	4:47	
9	Sun	**10:25**	3.9	**10:58**	3.7	**4:09**	0.4	**4:30**	0.0	7:17	4:48	
10	Mon	**11:09**	3.6	**11:41**	3.7	**4:51**	0.6	**5:07**	0.2	7:17	4:49	
11	Tue	**11:54**	3.4			**5:41**	0.7	**5:51**	0.3	7:17	4:50	
12	Wed	**12:24**	3.7	**12:40**	3.3	**6:43**	0.8	**6:43**	0.5	7:16	4:51	
13	Thu	**1:08**	3.7	**1:30**	3.1	**7:50**	0.8	**7:43**	0.5	7:16	4:53	
14	Fri	**1:57**	3.8	**2:28**	3.1	**8:51**	0.6	**8:42**	0.4	7:16	4:54	
15	Sat	**2:53**	3.9	**3:31**	3.2	**9:47**	0.4	**9:37**	0.2	7:15	4:55	
16	Sun	**3:53**	4.2	**4:31**	3.4	**10:38**	0.1	**10:29**	0.0	7:15	4:56	
17	Mon	**4:48**	4.5	**5:23**	3.7	**11:28**	-0.2	**11:20**	-0.3	7:15	4:57	
18	Tue	**5:37**	4.8	**6:10**	4.0			**12:16**	-0.5	7:14	4:58	
19	Wed	**6:24**	5.0	**6:57**	4.2	**12:12**	-0.5	**1:04**	-0.8	7:14	4:59	
20	Thu	**7:10**	5.1	**7:44**	4.4	**1:04**	-0.7	**1:50**	-1.0	7:13	5:00	
21	Fri	**7:57**	5.1	**8:33**	4.6	**1:55**	-0.9	**2:35**	-1.1	7:12	5:01	
22	Sat	**8:46**	5.0	**9:24**	4.6	**2:44**	-0.9	**3:18**	-1.1	7:12	5:03	
23	Sun	**9:39**	4.7	**10:19**	4.6	**3:34**	-0.8	**4:03**	-1.0	7:11	5:04	
24	Mon	**10:34**	4.4	**11:15**	4.6	**4:26**	-0.5	**4:51**	-0.7	7:10	5:05	
25	Tue	**11:32**	4.1			**5:24**	-0.3	**5:46**	-0.5	7:10	5:06	
26	Wed	**12:12**	4.5	**12:30**	3.8	**6:31**	0.0	**6:49**	-0.2	7:09	5:07	
27	Thu	**1:08**	4.4	**1:29**	3.6	**7:41**	0.1	**7:54**	0.0	7:08	5:08	
28	Fri	**2:07**	4.3	**2:32**	3.4	**8:48**	0.1	**8:58**	0.0	7:07	5:10	
29	Sat	**3:10**	4.2	**3:39**	3.4	**9:48**	0.0	**9:55**	0.0	7:07	5:11	
30	Sun	**4:12**	4.3	**4:41**	3.5	**10:42**	-0.1	**10:48**	-0.1	7:06	5:12	
31	Mon	**5:07**	4.4	**5:33**	3.7	**11:31**	-0.3	**11:37**	-0.2	7:05	5:13	