US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jul 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:01	4.2	8:05	5.3	2:10	0.1	2:00	0.3	5:31	8:28	
2	Sat	8:45	4.4	8:48	5.4	2:54	-0.1	2:48	0.2	5:31	8:28	
3	Sun	9:31	4.5	9:34	5.3	3:36	-0.2	3:35	0.2	5:32	8:28	
4	Mon	10:20	4.6	10:24	5.2	4:18	-0.2	4:22	0.2	5:32	8:28	
5	Tue	11:13	4.7	11:18	5.0	5:00	-0.2	5:12	0.3	5:33	8:28	
6	Wed			12:07	4.9	5:45	-0.1	6:08	0.4	5:33	8:27	
7	Thu	12:15	4.7	1:02	5.0	6:36	0.0	7:13	0.6	5:34	8:27	
8	Fri	1:12	4.5	1:56	5.1	7:34	0.1	8:23	0.6	5:35	8:27	
9	Sat	2:09	4.3	2:53	5.1	8:37	0.2	9:30	0.5	5:35	8:26	
10	Sun	3:11	4.2	3:53	5.2	9:38	0.2	10:33	0.4	5:36	8:26	
11	Mon	4:17	4.1	4:55	5.2	10:37	0.2	11:30	0.2	5:37	8:26	
12	Tue	5:23	4.2	5:53	5.3	11:33	0.2			5:37	8:25	
13	Wed	6:21	4.3	6:45	5.4	12:23	0.1	12:26	0.2	5:38	8:25	
14	Thu	7:13	4.4	7:33	5.4	1:15	0.0	1:19	0.2	5:39	8:24	
15	Fri	8:02	4.5	8:18	5.3	2:03	-0.1	2:09	0.2	5:40	8:24	
16	Sat	8:48	4.5	9:02	5.2	2:49	-0.1	2:56	0.3	5:40	8:23	
17	Sun	9:33	4.5	9:45	5.0	3:30	-0.1	3:39	0.4	5:41	8:23	
18	Mon	10:18	4.5	10:28	4.7	4:08	0.0	4:20	0.6	5:42	8:22	
19	Tue	11:03	4.4	11:13	4.4	4:44	0.2	5:01	0.8	5:43	8:21	
20	Wed	11:47	4.3	11:58	4.2	5:19	0.4	5:43	1.0	5:44	8:21	
21	Thu			12:31	4.3	5:56	0.6	6:32	1.2	5:44	8:20	
22	Fri	12:44	4.0	1:14	4.3	6:36	0.8	7:29	1.3	5:45	8:19	
23	Sat	1:29	3.8	1:57	4.3	7:25	0.9	8:33	1.3	5:46	8:18	
24	Sun	2:17	3.7	2:42	4.3	8:21	1.0	9:33	1.2	5:47	8:17	
25	Mon	3:10	3.6	3:34	4.4	9:19	1.0	10:29	1.0	5:48	8:17	
26	Tue	4:10	3.6	4:31	4.6	10:15	0.9	11:20	0.8	5:49	8:16	
27	Wed	5:11	3.8	5:26	4.8	11:07	0.7			5:50	8:15	
28	Thu	6:04	4.0	6:15	5.1	12:08	0.5	11:58 AM	0.5	5:50	8:14	
29	Fri	6:51	4.3	7:01	5.3	12:55	0.2	12:48	0.3	5:51	8:13	
30	Sat	7:36	4.6	7:46	5.5	1:42	0.0	1:40	0.1	5:52	8:12	
31	Sun	8:21	4.8	8:31	5.5	2:27	-0.3	2:30	0.0	5:53	8:11	