US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:03	4.5	5:33	5.5	11:16	-0.2			5:31	8:28	
2	Sat	6:04	4.7	6:29	5.7	12:09	-0.1	12:10	-0.2	5:32	8:28	
3	Sun	6:59	4.8	7:20	5.7	1:03	-0.3	1:04	-0.2	5:32	8:28	
4	Mon	7:52	4.8	8:09	5.7	1:56	-0.4	1:57	-0.2	5:33	8:28	
5	Tue	8:43	4.8	8:57	5.5	2:47	-0.5	2:49	-0.1	5:33	8:27	
6	Wed	9:34	4.8	9:46	5.3	3:34	-0.4	3:37	0.1	5:34	8:27	
7	Thu	10:25	4.7	10:34	5.0	4:18	-0.3	4:22	0.3	5:34	8:27	
8	Fri	11:16	4.6	11:23	4.7	5:00	-0.1	5:07	0.5	5:35	8:27	
9	Sat			12:06	4.5	5:42	0.2	5:54	0.8	5:36	8:26	
10	Sun	12:12	4.4	12:54	4.4	6:27	0.5	6:47	1.0	5:36	8:26	
11	Mon	1:00	4.2	1:40	4.4	7:15	0.7	7:45	1.2	5:37	8:25	
12	Tue	1:46	4.0	2:25	4.4	8:06	0.8	8:45	1.2	5:38	8:25	
13	Wed	2:33	3.8	3:13	4.4	8:57	0.9	9:42	1.1	5:39	8:24	
14	Thu	3:25	3.7	4:03	4.5	9:48	0.8	10:34	0.9	5:39	8:24	
15	Fri	4:22	3.7	4:55	4.6	10:36	0.8	11:22	0.7	5:40	8:23	
16	Sat	5:18	3.8	5:44	4.8	11:23	0.7			5:41	8:23	
17	Sun	6:08	4.0	6:28	5.0	12:09	0.5	12:09	0.6	5:42	8:22	
18	Mon	6:53	4.1	7:09	5.1	12:55	0.3	12:54	0.5	5:43	8:21	
19	Tue	7:35	4.3	7:49	5.3	1:41	0.1	1:41	0.4	5:43	8:21	
20	Wed	8:17	4.4	8:29	5.3	2:25	0.0	2:27	0.3	5:44	8:20	
21	Thu	8:59	4.5	9:12	5.3	3:08	-0.2	3:12	0.2	5:45	8:19	
22	Fri	9:44	4.6	9:58	5.2	3:49	-0.2	3:57	0.2	5:46	8:18	
23	Sat	10:33	4.7	10:48	5.1	4:30	-0.2	4:43	0.3	5:47	8:18	
24	Sun	11:26	4.8	11:44	4.9	5:12	-0.2	5:34	0.4	5:48	8:17	
25	Mon			12:21	4.9	6:00	-0.1	6:34	0.5	5:48	8:16	
26	Tue	12:41	4.7	1:17	5.0	6:54	0.1	7:43	0.6	5:49	8:15	
27	Wed	1:39	4.6	2:13	5.0	7:56	0.2	8:53	0.6	5:50	8:14	
28	Thu	2:38	4.4	3:12	5.1	9:00	0.2	9:58	0.4	5:51	8:13	
29	Fri	3:41	4.4	4:15	5.2	10:02	0.2	10:58	0.2	5:52	8:12	
30	Sat	4:48	4.4	5:17	5.3	11:00	0.1	11:53	0.1	5:53	8:11	
31	Sun	5:49	4.5	6:14	5.4	11:55	0.0			5:54	8:10	