

































Seaside Heights, NJ - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:49	4.3	7:02	5.5	12:57	0.1	12:48	0.2	5:31	8:28	
2	Tue	7:38	4.4	7:49	5.7	1:47	-0.1	1:40	0.0	5:31	8:28	
3	Wed	8:27	4.6	8:38	5.7	2:37	-0.3	2:32	0.0	5:32	8:28	
4	Thu	9:19	4.6	9:29	5.6	3:26	-0.4	3:24	-0.1	5:32	8:28	
5	Fri	10:14	4.7	10:25	5.5	4:14	-0.5	4:16	0.0	5:33	8:28	
6	Sat	11:12	4.8	11:23	5.3	5:01	-0.4	5:09	0.1	5:33	8:27	
7	Sun			12:10	4.8	5:52	-0.3	6:07	0.3	5:34	8:27	
8	Mon	12:21	5.0	1:07	4.9	6:47	-0.1	7:12	0.5	5:35	8:27	
9	Tue	1:18	4.8	2:01	5.0	7:45	0.0	8:20	0.6	5:35	8:26	
10	Wed	2:14	4.6	2:56	5.0	8:44	0.1	9:25	0.5	5:36	8:26	
11	Thu	3:11	4.3	3:52	5.0	9:41	0.2	10:25	0.5	5:37	8:26	
12	Fri	4:12	4.2	4:50	5.1	10:34	0.2	11:19	0.4	5:37	8:25	
13	Sat	5:12	4.1	5:43	5.1	11:24	0.3			5:38	8:25	
14	Sun	6:08	4.2	6:31	5.2	12:10	0.3	12:12	0.3	5:39	8:24	
15	Mon	6:57	4.2	7:16	5.2	12:58	0.2	12:59	0.4	5:40	8:24	
16	Tue	7:42	4.3	7:58	5.2	1:45	0.1	1:45	0.5	5:40	8:23	
17	Wed	8:25	4.3	8:38	5.1	2:29	0.1	2:29	0.5	5:41	8:22	
18	Thu	9:08	4.2	9:19	4.9	3:09	0.1	3:11	0.6	5:42	8:22	
19	Fri	9:51	4.2	9:59	4.7	3:48	0.2	3:51	0.7	5:43	8:21	
20	Sat	10:34	4.1	10:40	4.5	4:24	0.3	4:29	0.8	5:44	8:20	
21	Sun	11:18	4.1	11:22	4.3	4:58	0.4	5:07	1.0	5:44	8:20	
22	Mon			12:01	4.1	5:34	0.5	5:49	1.1	5:45	8:19	
23	Tue	12:06	4.2	12:43	4.1	6:11	0.7	6:38	1.3	5:46	8:18	
24	Wed	12:50	4.0	1:24	4.2	6:54	0.8	7:40	1.3	5:47	8:17	
25	Thu	1:35	3.9	2:06	4.3	7:46	0.8	8:47	1.2	5:48	8:17	
26	Fri	2:25	3.8	2:54	4.5	8:43	0.8	9:49	1.0	5:49	8:16	
27	Sat	3:23	3.8	3:50	4.7	9:41	0.7	10:46	0.8	5:50	8:15	
28	Sun	4:27	3.9	4:51	5.0	10:37	0.5	11:39	0.4	5:51	8:14	
29	Mon	5:30	4.1	5:48	5.3	11:31	0.3			5:51	8:13	
30	Tue	6:26	4.4	6:41	5.6	12:32	0.1	12:26	0.1	5:52	8:12	
31	Wed	7:18	4.6	7:32	5.8	1:24	-0.2	1:21	-0.1	5:53	8:11	