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# Seaside Heights, NJ - Dec 2019

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 10:34 | 4.5 | 11:13 | 3.7 | 4:08 | 0.6 | 4:52 | 0.3 | 6:58 | 4:31 | |
| 2 | Mon | 11:25 | 4.2 | | | 4:56 | 0.9 | 5:43 | 0.5 | 6:59 | 4:31 | |
| 3 | Tue | 12:05 | 3.7 | 12:16 | 4.0 | 5:53 | 1.1 | 6:38 | 0.6 | 7:00 | 4:31 | |
| 4 | Wed | 12:54 | 3.7 | 1:05 | 3.9 | 6:59 | 1.2 | 7:33 | 0.6 | 7:01 | 4:31 | |
| 5 | Thu | 1:43 | 3.7 | 1:55 | 3.8 | 8:02 | 1.1 | 8:24 | 0.6 | 7:02 | 4:31 | |
| 6 | Fri | 2:33 | 3.8 | 2:47 | 3.7 | 8:58 | 0.9 | 9:11 | 0.4 | 7:03 | 4:31 | |
| 7 | Sat | 3:24 | 4.0 | 3:42 | 3.7 | 9:49 | 0.7 | 9:54 | 0.3 | 7:04 | 4:30 | |
| 8 | Sun | 4:12 | 4.2 | 4:32 | 3.8 | 10:35 | 0.5 | 10:36 | 0.2 | 7:05 | 4:30 | |
| 9 | Mon | 4:56 | 4.5 | 5:18 | 3.9 | 11:20 | 0.2 | 11:18 | 0.1 | 7:05 | 4:30 | |
| 10 | Tue | 5:35 | 4.7 | 6:01 | 4.0 | | | 12:05 | 0.0 | 7:06 | 4:31 | |
| 11 | Wed | 6:13 | 4.9 | 6:42 | 4.1 | 12:00 | 0.0 | 12:51 | -0.1 | 7:07 | 4:31 | |
| 12 | Thu | 6:50 | 5.0 | 7:23 | 4.1 | 12:43 | -0.1 | 1:36 | -0.3 | 7:08 | 4:31 | |
| 13 | Fri | 7:30 | 5.1 | 8:07 | 4.0 | 1:28 | -0.1 | 2:20 | -0.4 | 7:09 | 4:31 | |
| 14 | Sat | 8:13 | 5.1 | 8:56 | 4.0 | 2:12 | -0.1 | 3:04 | -0.4 | 7:09 | 4:31 | |
| 15 | Sun | 9:02 | 5.0 | 9:51 | 4.0 | 2:58 | -0.1 | 3:49 | -0.3 | 7:10 | 4:31 | |
| 16 | Mon | 9:58 | 4.8 | 10:50 | 4.0 | 3:46 | 0.0 | 4:38 | -0.2 | 7:11 | 4:32 | |
| 17 | Tue | 10:58 | 4.6 | 11:49 | 4.1 | 4:40 | 0.1 | 5:33 | -0.2 | 7:11 | 4:32 | |
| 18 | Wed | 11:59 | 4.5 | | | 5:45 | 0.3 | 6:35 | -0.1 | 7:12 | 4:32 | |
| 19 | Thu | 12:47 | 4.3 | 12:58 | 4.3 | 6:58 | 0.3 | 7:37 | -0.2 | 7:13 | 4:33 | |
| 20 | Fri | 1:44 | 4.4 | 1:58 | 4.2 | 8:09 | 0.2 | 8:36 | -0.3 | 7:13 | 4:33 | |
| 21 | Sat | 2:44 | 4.6 | 3:01 | 4.1 | 9:13 | 0.0 | 9:31 | -0.4 | 7:14 | 4:34 | |
| 22 | Sun | 3:44 | 4.8 | 4:04 | 4.1 | 10:10 | -0.2 | 10:23 | -0.5 | 7:14 | 4:34 | |
| 23 | Mon | 4:40 | 5.0 | 5:01 | 4.2 | 11:04 | -0.4 | 11:12 | -0.5 | 7:15 | 4:35 | |
| 24 | Tue | 5:31 | 5.1 | 5:53 | 4.2 | 11:55 | -0.5 | | | 7:15 | 4:35 | |
| 25 | Wed | 6:17 | 5.2 | 6:41 | 4.2 | 12:01 | -0.5 | 12:45 | -0.6 | 7:15 | 4:36 | |
| 26 | Thu | 7:02 | 5.1 | 7:27 | 4.1 | 12:49 | -0.4 | 1:33 | -0.6 | 7:16 | 4:37 | |
| 27 | Fri | 7:46 | 5.0 | 8:13 | 4.0 | 1:35 | -0.3 | 2:17 | -0.5 | 7:16 | 4:37 | |
| 28 | Sat | 8:29 | 4.8 | 8:59 | 3.9 | 2:19 | -0.1 | 2:58 | -0.4 | 7:16 | 4:38 | |
| 29 | Sun | 9:13 | 4.5 | 9:47 | 3.7 | 3:00 | 0.1 | 3:38 | -0.2 | 7:17 | 4:39 | |
| 30 | Mon | 9:59 | 4.3 | 10:36 | 3.6 | 3:41 | 0.3 | 4:17 | 0.0 | 7:17 | 4:39 | |
| 31 | Tue | 10:46 | 4.0 | 11:26 | 3.5 | 4:22 | 0.5 | 4:57 | 0.1 | 7:17 | 4:40 | |