US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:46	3.9	9:37	4.7	3:47	0.3	3:35	0.8	5:31	8:28	
2	Sat	10:29	3.9	10:14	4.6	4:23	0.4	4:13	0.9	5:31	8:28	
3	Sun	11:12	3.9	10:54	4.5	4:58	0.5	4:50	1.0	5:32	8:28	
4	Mon	11:56	3.9	11:39	4.4	5:33	0.5	5:31	1.1	5:32	8:28	
5	Tue			12:39	4.1	6:10	0.6	6:22	1.1	5:33	8:28	
6	Wed	12:28	4.3	1:23	4.3	6:55	0.6	7:27	1.1	5:34	8:27	
7	Thu	1:20	4.2	2:11	4.5	7:48	0.6	8:38	1.0	5:34	8:27	
8	Fri	2:15	4.1	3:03	4.8	8:47	0.5	9:46	0.8	5:35	8:27	
9	Sat	3:17	4.0	4:03	5.1	9:47	0.4	10:47	0.5	5:36	8:26	
10	Sun	4:26	4.1	5:06	5.3	10:45	0.3	11:45	0.2	5:36	8:26	
11	Mon	5:34	4.2	6:05	5.6	11:43	0.1			5:37	8:26	
12	Tue	6:35	4.4	7:00	5.8	12:42	-0.1	12:41	0.0	5:38	8:25	
13	Wed	7:31	4.6	7:54	5.9	1:38	-0.3	1:39	-0.1	5:38	8:25	
14	Thu	8:27	4.7	8:48	5.9	2:33	-0.5	2:37	-0.2	5:39	8:24	
15	Fri	9:22	4.8	9:42	5.7	3:24	-0.6	3:32	-0.1	5:40	8:24	
16	Sat	10:19	4.8	10:36	5.4	4:13	-0.6	4:24	0.0	5:41	8:23	
17	Sun	11:16	4.8	11:31	5.1	5:00	-0.4	5:16	0.2	5:41	8:22	
18	Mon			12:11	4.8	5:48	-0.2	6:12	0.5	5:42	8:22	
19	Tue	12:25	4.8	1:03	4.7	6:37	0.1	7:12	0.8	5:43	8:21	
20	Wed	1:17	4.5	1:52	4.7	7:29	0.3	8:16	0.9	5:44	8:20	
21	Thu	2:07	4.2	2:40	4.6	8:22	0.6	9:17	1.0	5:45	8:20	
22	Fri	2:58	3.9	3:30	4.6	9:14	0.7	10:13	0.9	5:46	8:19	
23	Sat	3:54	3.8	4:23	4.6	10:04	0.8	11:04	0.8	5:46	8:18	
24	Sun	4:52	3.7	5:15	4.6	10:51	0.8	11:51	0.7	5:47	8:17	
25	Mon	5:46	3.8	6:03	4.7	11:37	0.8			5:48	8:16	
26	Tue	6:34	3.9	6:46	4.8	12:36	0.6	12:22	0.8	5:49	8:15	
27	Wed	7:18	4.0	7:26	4.9	1:20	0.5	1:07	0.7	5:50	8:14	
28	Thu	7:59	4.1	8:03	4.9	2:03	0.4	1:52	0.7	5:51	8:14	
29	Fri	8:39	4.1	8:39	4.9	2:43	0.3	2:35	0.7	5:52	8:13	
30	Sat	9:18	4.2	9:13	4.8	3:21	0.3	3:15	0.7	5:53	8:12	
31	Sun	9:56	4.2	9:48	4.7	3:55	0.3	3:53	0.7	5:54	8:11	