































Seaside Heights, NJ - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:40	4.2	3:01	3.6	9:18	0.3	9:18	0.0	7:17	4:41	
2	Mon	3:36	4.3	3:59	3.5	10:11	0.2	10:05	0.1	7:17	4:42	
3	Tue	4:28	4.3	4:53	3.5	10:59	0.1	10:50	0.1	7:17	4:43	
4	Wed	5:15	4.4	5:41	3.6	11:45	0.0	11:34	0.1	7:17	4:44	
5	Thu	5:57	4.5	6:25	3.6			12:30	-0.1	7:17	4:45	
6	Fri	6:37	4.5	7:06	3.6	12:18	0.1	1:13	-0.1	7:17	4:46	
7	Sat	7:14	4.4	7:47	3.6	1:01	0.1	1:53	-0.2	7:17	4:46	
8	Sun	7:51	4.4	8:27	3.6	1:43	0.1	2:31	-0.1	7:17	4:47	
9	Mon	8:27	4.2	9:08	3.5	2:22	0.2	3:06	-0.1	7:17	4:48	
10	Tue	9:02	4.1	9:49	3.5	2:59	0.3	3:39	0.0	7:17	4:49	
11	Wed	9:38	3.9	10:30	3.5	3:34	0.4	4:12	0.1	7:17	4:50	
12	Thu	10:18	3.8	11:12	3.5	4:12	0.5	4:45	0.2	7:16	4:52	
13	Fri	11:02	3.6	11:56	3.6	4:55	0.6	5:22	0.3	7:16	4:53	
14	Sat	11:52	3.5			5:51	0.7	6:10	0.3	7:16	4:54	
15	Sun	12:41	3.8	12:46	3.4	7:03	0.7	7:11	0.3	7:15	4:55	
16	Mon	1:32	4.0	1:46	3.3	8:16	0.5	8:16	0.2	7:15	4:56	
17	Tue	2:31	4.2	2:55	3.3	9:22	0.2	9:19	0.0	7:14	4:57	
18	Wed	3:37	4.5	4:07	3.5	10:21	-0.1	10:18	-0.2	7:14	4:58	
19	Thu	4:40	4.8	5:10	3.7	11:17	-0.4	11:16	-0.5	7:13	4:59	
20	Fri	5:37	5.1	6:06	4.0			12:12	-0.7	7:13	5:00	
21	Sat	6:30	5.3	6:59	4.2	12:14	-0.7	1:06	-1.0	7:12	5:02	
22	Sun	7:22	5.4	7:52	4.4	1:10	-0.8	1:57	-1.2	7:12	5:03	
23	Mon	8:14	5.3	8:45	4.5	2:04	-0.9	2:45	-1.2	7:11	5:04	
24	Tue	9:06	5.1	9:40	4.5	2:56	-0.9	3:31	-1.1	7:10	5:05	
25	Wed	9:59	4.8	10:35	4.4	3:47	-0.7	4:17	-0.9	7:10	5:06	
26	Thu	10:53	4.5	11:28	4.3	4:39	-0.4	5:04	-0.6	7:09	5:07	
27	Fri	11:46	4.1			5:36	0.0	5:55	-0.3	7:08	5:09	
28	Sat	12:20	4.2	12:39	3.7	6:40	0.2	6:50	0.0	7:07	5:10	
29	Sun	1:11	4.1	1:32	3.4	7:47	0.4	7:48	0.2	7:07	5:11	
30	Mon	2:03	3.9	2:29	3.2	8:49	0.4	8:44	0.3	7:06	5:12	
31	Tue	3:00	3.9	3:31	3.1	9:46	0.3	9:37	0.4	7:05	5:13	