US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:42	4.0	6:10	5.1	11:51	0.4			5:29	8:18	
2	Fri	6:31	4.1	6:52	5.3	12:38	0.3	12:35	0.3	5:29	8:19	
3	Sat	7:17	4.2	7:35	5.5	1:28	0.0	1:22	0.2	5:28	8:19	
4	Sun	8:04	4.3	8:21	5.6	2:18	-0.1	2:12	0.2	5:28	8:20	
5	Mon	8:54	4.3	9:11	5.6	3:08	-0.3	3:02	0.2	5:28	8:21	
6	Tue	9:48	4.3	10:05	5.5	3:56	-0.3	3:53	0.2	5:27	8:21	
7	Wed	10:47	4.3	11:04	5.3	4:45	-0.2	4:45	0.3	5:27	8:22	
8	Thu	11:49	4.4			5:36	-0.1	5:43	0.5	5:27	8:23	
9	Fri	12:05	5.1	12:49	4.5	6:32	0.0	6:49	0.6	5:27	8:23	
10	Sat	1:04	4.9	1:46	4.6	7:31	0.1	8:00	0.7	5:27	8:24	
11	Sun	2:00	4.7	2:41	4.7	8:30	0.1	9:08	0.7	5:26	8:24	
12	Mon	2:57	4.5	3:37	4.9	9:26	0.1	10:10	0.5	5:26	8:25	
13	Tue	3:55	4.3	4:33	5.0	10:18	0.1	11:06	0.4	5:26	8:25	
14	Wed	4:55	4.2	5:27	5.1	11:06	0.2	11:57	0.3	5:26	8:26	
15	Thu	5:51	4.2	6:15	5.2	11:52	0.2			5:26	8:26	
16	Fri	6:41	4.2	6:59	5.2	12:46	0.2	12:38	0.3	5:26	8:26	
17	Sat	7:28	4.2	7:40	5.2	1:34	0.2	1:23	0.4	5:26	8:27	
18	Sun	8:12	4.2	8:21	5.1	2:20	0.2	2:08	0.5	5:27	8:27	
19	Mon	8:57	4.1	9:01	4.9	3:03	0.2	2:51	0.6	5:27	8:27	
20	Tue	9:42	4.0	9:42	4.7	3:44	0.3	3:33	0.7	5:27	8:28	
21	Wed	10:28	3.9	10:24	4.5	4:22	0.4	4:12	0.9	5:27	8:28	
22	Thu	11:16	3.9	11:07	4.3	4:59	0.5	4:51	1.0	5:27	8:28	
23	Fri			12:04	3.9	5:37	0.6	5:33	1.2	5:28	8:28	
24	Sat			12:49	3.9	6:17	0.7	6:22	1.3	5:28	8:28	
25	Sun	12:36	4.1	1:31	4.0	7:01	0.8	7:21	1.4	5:28	8:28	
26	Mon	1:20	3.9	2:13	4.1	7:50	0.9	8:27	1.3	5:29	8:28	
27	Tue	2:07	3.9	2:57	4.3	8:41	0.8	9:29	1.1	5:29	8:28	
28	Wed	2:59	3.8	3:46	4.5	9:32	0.8	10:26	0.9	5:29	8:29	
29	Thu	3:59	3.8	4:40	4.8	10:23	0.6	11:20	0.6	5:30	8:28	
30	Fri	5:03	3.8	5:35	5.1	11:13	0.5			5:30	8:28	