

































Seaside Heights, NJ - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:02	4.0	6:26	5.4	12:13	0.3	12:05	0.3	5:31	8:28	
2	Sun	6:56	4.2	7:17	5.7	1:06	0.0	12:59	0.2	5:31	8:28	
3	Mon	7:48	4.4	8:07	5.8	1:59	-0.2	1:55	0.1	5:32	8:28	
4	Tue	8:41	4.5	9:00	5.8	2:51	-0.4	2:50	0.0	5:32	8:28	
5	Wed	9:36	4.6	9:54	5.6	3:40	-0.5	3:44	0.0	5:33	8:28	
6	Thu	10:34	4.7	10:51	5.4	4:29	-0.5	4:37	0.1	5:33	8:27	
7	Fri	11:32	4.8	11:48	5.2	5:17	-0.4	5:32	0.2	5:34	8:27	
8	Sat			12:30	4.8	6:07	-0.3	6:33	0.5	5:35	8:27	
9	Sun	12:45	4.9	1:24	4.9	7:01	-0.1	7:39	0.6	5:35	8:26	
10	Mon	1:39	4.6	2:17	4.9	7:58	0.1	8:46	0.7	5:36	8:26	
11	Tue	2:33	4.3	3:09	4.9	8:54	0.3	9:49	0.7	5:37	8:26	
12	Wed	3:29	4.1	4:05	4.9	9:48	0.4	10:46	0.6	5:37	8:25	
13	Thu	4:30	3.9	5:00	4.9	10:39	0.5	11:38	0.5	5:38	8:25	
14	Fri	5:28	3.9	5:52	4.9	11:27	0.6			5:39	8:24	
15	Sat	6:21	4.0	6:38	5.0	12:26	0.5	12:14	0.6	5:40	8:24	
16	Sun	7:08	4.0	7:20	5.0	1:13	0.4	1:00	0.6	5:40	8:23	
17	Mon	7:52	4.1	8:00	4.9	1:58	0.3	1:45	0.6	5:41	8:22	
18	Tue	8:34	4.1	8:39	4.9	2:40	0.3	2:29	0.7	5:42	8:22	
19	Wed	9:16	4.1	9:17	4.8	3:19	0.3	3:11	0.7	5:43	8:21	
20	Thu	9:58	4.1	9:54	4.6	3:55	0.3	3:50	0.8	5:44	8:20	
21	Fri	10:40	4.1	10:31	4.4	4:28	0.4	4:27	0.9	5:44	8:20	
22	Sat	11:22	4.1	11:09	4.3	5:01	0.5	5:05	1.0	5:45	8:19	
23	Sun			12:03	4.1	5:32	0.6	5:45	1.1	5:46	8:18	
24	Mon			12:43	4.2	6:06	0.7	6:35	1.2	5:47	8:17	
25	Tue	12:35	4.0	1:24	4.3	6:45	0.8	7:39	1.2	5:48	8:17	
26	Wed	1:24	3.8	2:09	4.5	7:37	0.9	8:48	1.2	5:49	8:16	
27	Thu	2:18	3.7	3:01	4.7	8:40	0.9	9:54	0.9	5:50	8:15	
28	Fri	3:21	3.7	4:02	4.9	9:44	0.8	10:54	0.7	5:51	8:14	
29	Sat	4:32	3.8	5:07	5.1	10:46	0.6	11:50	0.3	5:51	8:13	
30	Sun	5:40	4.0	6:07	5.5	11:45	0.4			5:52	8:12	
31	Mon	6:38	4.3	7:01	5.7	12:45	0.0	12:43	0.1	5:53	8:11	