US HARBORS www.USHarbors.com

Seaside Heights, NJ - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:09	4.3	11:25	5.0	5:02	-0.3	5:01	0.2	5:55	7:50	
2	Fri			12:11	4.2	5:57	0.0	5:57	0.6	5:54	7:51	
3	Sat	12:26	4.7	1:11	4.1	6:59	0.3	7:02	0.9	5:53	7:52	
4	Sun	1:24	4.4	2:08	4.0	8:03	0.5	8:13	1.0	5:51	7:53	
5	Mon	2:20	4.2	3:03	4.1	9:04	0.5	9:19	1.0	5:50	7:54	
6	Tue	3:15	4.1	3:58	4.2	9:56	0.5	10:16	0.9	5:49	7:55	
7	Wed	4:12	4.0	4:51	4.3	10:42	0.5	11:06	0.7	5:48	7:56	
8	Thu	5:06	4.0	5:37	4.6	11:22	0.4	11:51	0.6	5:47	7:57	
9	Fri	5:53	4.0	6:19	4.8			12:00	0.4	5:46	7:58	
10	Sat	6:36	4.1	6:56	4.9	12:34	0.4	12:38	0.4	5:45	7:59	
11	Sun	7:15	4.1	7:32	5.0	1:16	0.3	1:16	0.4	5:44	8:00	
12	Mon	7:53	4.0	8:06	5.0	1:58	0.2	1:54	0.5	5:43	8:01	
13	Tue	8:31	4.0	8:39	4.9	2:39	0.2	2:32	0.6	5:42	8:02	
14	Wed	9:08	3.9	9:12	4.8	3:18	0.2	3:09	0.7	5:41	8:03	
15	Thu	9:46	3.7	9:47	4.7	3:56	0.3	3:44	0.8	5:40	8:04	
16	Fri	10:28	3.6	10:28	4.6	4:34	0.4	4:18	0.9	5:39	8:05	
17	Sat	11:16	3.6	11:18	4.5	5:13	0.5	4:56	1.0	5:38	8:06	
18	Sun			12:10	3.7	5:57	0.6	5:44	1.1	5:37	8:07	
19	Mon	12:14	4.4	1:04	3.8	6:50	0.6	6:51	1.1	5:37	8:08	
20	Tue	1:12	4.4	1:57	4.1	7:50	0.6	8:12	1.0	5:36	8:09	
21	Wed	2:10	4.4	2:53	4.4	8:50	0.4	9:24	0.8	5:35	8:10	
22	Thu	3:11	4.4	3:52	4.8	9:46	0.2	10:28	0.5	5:34	8:10	
23	Fri	4:15	4.4	4:52	5.1	10:39	0.0	11:26	0.1	5:34	8:11	
24	Sat	5:19	4.5	5:48	5.5	11:31	-0.2			5:33	8:12	
25	Sun	6:17	4.6	6:41	5.8	12:22	-0.1	12:22	-0.3	5:32	8:13	
26	Mon	7:11	4.7	7:32	5.9	1:18	-0.3	1:15	-0.3	5:32	8:14	
27	Tue	8:05	4.7	8:22	5.8	2:13	-0.5	2:10	-0.2	5:31	8:15	
28	Wed	8:59	4.6	9:15	5.6	3:06	-0.5	3:03	-0.1	5:31	8:15	
29	Thu	9:55	4.5	10:09	5.3	3:57	-0.4	3:54	0.1	5:30	8:16	
30	Fri	10:54	4.4	11:05	5.0	4:46	-0.2	4:45	0.4	5:30	8:17	
31	Sat	11:53	4.3			5:37	0.0	5:38	0.7	5:29	8:18	