US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:02	4.7	12:49	4.3	6:30	0.3	6:36	0.9	5:29	8:18	
2	Mon	12:56	4.5	1:40	4.3	7:25	0.5	7:40	1.1	5:28	8:19	
3	Tue	1:47	4.2	2:29	4.3	8:20	0.6	8:43	1.1	5:28	8:20	
4	Wed	2:36	4.0	3:18	4.3	9:10	0.7	9:41	1.1	5:28	8:20	
5	Thu	3:27	3.9	4:07	4.4	9:55	0.7	10:32	0.9	5:27	8:21	
6	Fri	4:20	3.8	4:56	4.6	10:38	0.7	11:19	0.8	5:27	8:22	
7	Sat	5:14	3.8	5:42	4.7	11:19	0.7			5:27	8:22	
8	Sun	6:02	3.8	6:23	4.9	12:04	0.6	11:59 AM	0.7	5:27	8:23	
9	Mon	6:47	3.9	7:02	5.0	12:48	0.5	12:40	0.7	5:27	8:23	
10	Tue	7:28	3.9	7:39	5.0	1:32	0.4	1:23	0.7	5:26	8:24	
11	Wed	8:08	3.9	8:15	5.0	2:16	0.3	2:06	0.7	5:26	8:24	
12	Thu	8:48	3.9	8:52	5.0	2:59	0.2	2:48	0.7	5:26	8:25	
13	Fri	9:28	3.8	9:30	4.9	3:39	0.2	3:28	0.8	5:26	8:25	
14	Sat	10:11	3.8	10:13	4.8	4:17	0.2	4:07	0.8	5:26	8:26	
15	Sun	10:59	3.9	11:02	4.7	4:56	0.3	4:49	0.8	5:26	8:26	
16	Mon	11:50	4.0	11:56	4.6	5:37	0.3	5:37	0.9	5:26	8:27	
17	Tue			12:42	4.3	6:22	0.3	6:38	0.9	5:27	8:27	
18	Wed	12:51	4.5	1:34	4.5	7:15	0.3	7:51	0.9	5:27	8:27	
19	Thu	1:47	4.4	2:27	4.8	8:13	0.3	9:03	0.8	5:27	8:27	
20	Fri	2:45	4.3	3:24	5.0	9:12	0.2	10:09	0.5	5:27	8:28	
21	Sat	3:48	4.2	4:25	5.2	10:09	0.1	11:10	0.3	5:27	8:28	
22	Sun	4:56	4.2	5:27	5.5	11:05	0.0			5:27	8:28	
23	Mon	5:59	4.3	6:23	5.6	12:07	0.0	12:01	0.0	5:28	8:28	
24	Tue	6:56	4.5	7:16	5.7	1:03	-0.1	12:57	0.0	5:28	8:28	
25	Wed	7:51	4.5	8:08	5.6	1:58	-0.3	1:53	0.0	5:28	8:28	
26	Thu	8:44	4.6	8:59	5.5	2:51	-0.3	2:47	0.1	5:29	8:28	
27	Fri	9:38	4.5	9:50	5.3	3:40	-0.3	3:38	0.2	5:29	8:29	
28	Sat	10:32	4.5	10:41	5.0	4:25	-0.2	4:26	0.4	5:30	8:29	
29	Sun	11:26	4.4	11:32	4.7	5:10	0.0	5:13	0.6	5:30	8:28	
30	Mon			12:17	4.4	5:54	0.2	6:04	0.9	5:30	8:28	