US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:56	5.1	5:30	4.0	11:36	-0.5	11:31	-0.6	7:17	4:41	
2	Fri	5:52	5.3	6:25	4.2			12:31	-0.7	7:17	4:42	
3	Sat	6:45	5.3	7:18	4.3	12:28	-0.6	1:24	-0.9	7:17	4:43	
4	Sun	7:36	5.3	8:10	4.3	1:23	-0.7	2:14	-0.9	7:17	4:44	
5	Mon	8:26	5.1	9:03	4.3	2:15	-0.6	3:01	-0.9	7:17	4:45	
6	Tue	9:16	4.8	9:55	4.2	3:04	-0.5	3:45	-0.7	7:17	4:46	
7	Wed	10:07	4.5	10:48	4.1	3:51	-0.2	4:29	-0.5	7:17	4:47	
8	Thu	10:57	4.1	11:38	4.0	4:40	0.1	5:13	-0.2	7:17	4:48	
9	Fri	11:46	3.8			5:33	0.4	6:00	0.1	7:17	4:49	
10	Sat	12:25	4.0	12:34	3.5	6:31	0.6	6:51	0.3	7:17	4:50	
11	Sun	1:12	3.9	1:23	3.3	7:34	0.7	7:43	0.4	7:17	4:51	
12	Mon	1:59	3.9	2:15	3.1	8:34	0.6	8:36	0.5	7:16	4:52	
13	Tue	2:52	3.9	3:14	3.0	9:28	0.5	9:26	0.5	7:16	4:53	
14	Wed	3:47	3.9	4:13	3.1	10:18	0.4	10:14	0.4	7:16	4:54	
15	Thu	4:39	4.1	5:05	3.2	11:05	0.2	11:00	0.3	7:15	4:55	
16	Fri	5:25	4.2	5:51	3.4	11:50	0.0	11:45	0.2	7:15	4:56	
17	Sat	6:06	4.4	6:32	3.5			12:34	-0.1	7:14	4:57	
18	Sun	6:44	4.5	7:10	3.6	12:30	0.1	1:17	-0.3	7:14	4:58	
19	Mon	7:21	4.5	7:47	3.7	1:14	0.0	1:56	-0.4	7:13	5:00	
20	Tue	7:57	4.5	8:24	3.8	1:55	-0.1	2:33	-0.5	7:13	5:01	
21	Wed	8:34	4.4	9:03	3.9	2:35	-0.1	3:08	-0.5	7:12	5:02	
22	Thu	9:15	4.3	9:46	4.0	3:14	-0.1	3:42	-0.5	7:12	5:03	
23	Fri	10:01	4.1	10:34	4.1	3:56	0.0	4:19	-0.4	7:11	5:04	
24	Sat	10:52	3.9	11:27	4.2	4:44	0.1	5:01	-0.3	7:10	5:05	
25	Sun	11:49	3.7			5:45	0.3	5:54	-0.1	7:09	5:06	
26	Mon	12:22	4.2	12:49	3.5	7:01	0.3	7:00	0.0	7:09	5:08	
27	Tue	1:22	4.3	1:54	3.4	8:17	0.3	8:13	0.0	7:08	5:09	
28	Wed	2:28	4.4	3:06	3.4	9:25	0.1	9:21	-0.1	7:07	5:10	
29	Thu	3:39	4.5	4:17	3.6	10:26	-0.2	10:23	-0.3	7:06	5:11	
30	Fri	4:45	4.7	5:19	3.9	11:23	-0.5	11:21	-0.5	7:05	5:12	
31	Sat	5:42	4.9	6:13	4.1			12:16	-0.7	7:05	5:14	