US HARBORS www.USHarbors.com

Seaside Heights, NJ - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:48	4.4	9:55	4.8	3:51	0.1	3:59	0.6	5:54	8:10	
2	Sun	10:27	4.5	10:36	4.6	4:24	0.1	4:38	0.7	5:55	8:08	
3	Mon	11:10	4.6	11:24	4.4	4:57	0.2	5:21	0.7	5:56	8:07	
4	Tue	11:58	4.7			5:34	0.3	6:14	0.9	5:57	8:06	
5	Wed	12:17	4.2	12:51	4.8	6:18	0.4	7:22	1.0	5:58	8:05	
6	Thu	1:15	4.1	1:47	4.9	7:17	0.5	8:39	0.9	5:59	8:04	
7	Fri	2:17	4.0	2:48	5.0	8:28	0.6	9:50	0.8	6:00	8:03	
8	Sat	3:25	3.9	3:57	5.1	9:41	0.5	10:53	0.5	6:01	8:02	
9	Sun	4:38	4.1	5:07	5.3	10:47	0.4	11:51	0.2	6:02	8:00	
10	Mon	5:45	4.3	6:09	5.5	11:48	0.2			6:03	7:59	
11	Tue	6:43	4.6	7:03	5.6	12:45	-0.1	12:46	0.0	6:04	7:58	
12	Wed	7:36	4.9	7:53	5.6	1:37	-0.3	1:41	-0.1	6:05	7:57	
13	Thu	8:26	5.1	8:41	5.5	2:27	-0.4	2:34	-0.1	6:06	7:55	
14	Fri	9:15	5.2	9:28	5.3	3:12	-0.4	3:24	-0.1	6:07	7:54	
15	Sat	10:03	5.1	10:15	5.0	3:54	-0.3	4:10	0.1	6:08	7:53	
16	Sun	10:51	5.0	11:03	4.7	4:34	-0.1	4:55	0.4	6:09	7:51	
17	Mon	11:39	4.9	11:52	4.3	5:13	0.2	5:41	0.7	6:10	7:50	
18	Tue			12:26	4.7	5:53	0.5	6:32	0.9	6:11	7:48	
19	Wed	12:41	4.0	1:13	4.6	6:37	0.9	7:31	1.2	6:11	7:47	
20	Thu	1:31	3.8	2:01	4.4	7:30	1.1	8:35	1.3	6:12	7:46	
21	Fri	2:22	3.6	2:51	4.3	8:31	1.3	9:36	1.2	6:13	7:44	
22	Sat	3:18	3.5	3:47	4.3	9:32	1.3	10:30	1.1	6:14	7:43	
23	Sun	4:20	3.6	4:45	4.4	10:27	1.2	11:19	0.9	6:15	7:41	
24	Mon	5:19	3.7	5:38	4.6	11:17	1.0			6:16	7:40	
25	Tue	6:08	3.9	6:23	4.8	12:03	0.7	12:04	0.9	6:17	7:38	
26	Wed	6:51	4.2	7:03	5.0	12:46	0.5	12:49	0.7	6:18	7:37	
27	Thu	7:29	4.4	7:40	5.1	1:26	0.3	1:33	0.6	6:19	7:35	
28	Fri	8:04	4.6	8:16	5.1	2:06	0.2	2:17	0.4	6:20	7:34	
29	Sat	8:39	4.8	8:52	5.0	2:43	0.1	2:59	0.4	6:21	7:32	
30	Sun	9:15	4.9	9:31	4.8	3:19	0.0	3:40	0.3	6:22	7:31	
31	Mon	9:54	5.0	10:14	4.6	3:53	0.1	4:22	0.4	6:23	7:29	