US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:12	5.0	7:48	4.1	1:04	-0.3	1:58	-0.6	7:17	4:42	
2	Tue	7:54	5.0	8:36	4.2	1:52	-0.4	2:40	-0.7	7:17	4:42	
3	Wed	8:42	4.9	9:24	4.3	2:40	-0.5	3:22	-0.7	7:17	4:43	
4	Thu	9:36	4.7	10:18	4.3	3:28	-0.4	4:04	-0.7	7:17	4:44	
5	Fri	10:30	4.5	11:12	4.4	4:22	-0.3	4:52	-0.5	7:17	4:45	
6	Sat	11:24	4.2			5:16	-0.1	5:46	-0.4	7:17	4:46	
7	Sun	12:12	4.4	12:24	4.0	6:28	0.1	6:46	-0.2	7:17	4:47	
8	Mon	1:06	4.5	1:24	3.8	7:34	0.2	7:52	-0.1	7:17	4:48	
9	Tue	2:06	4.5	2:24	3.6	8:46	0.1	8:52	-0.1	7:17	4:49	
10	Wed	3:06	4.5	3:36	3.6	9:46	-0.1	9:52	-0.2	7:17	4:50	
11	Thu	4:12	4.6	4:36	3.7	10:40	-0.2	10:46	-0.2	7:16	4:51	
12	Fri	5:06	4.7	5:36	3.8	11:34	-0.4	11:40	-0.3	7:16	4:52	
13	Sat	6:00	4.8	6:24	3.9			12:22	-0.5	7:16	4:53	
14	Sun	6:42	4.8	7:06	4.0	12:28	-0.3	1:10	-0.6	7:15	4:54	
15	Mon	7:24	4.7	7:54	4.0	1:16	-0.3	1:52	-0.6	7:15	4:55	
16	Tue	8:06	4.6	8:36	4.0	1:58	-0.3	2:34	-0.6	7:15	4:56	
17	Wed	8:48	4.4	9:18	3.9	2:40	-0.2	3:10	-0.4	7:14	4:58	
18	Thu	9:30	4.1	10:00	3.8	3:22	0.0	3:40	-0.3	7:14	4:59	
19	Fri	10:12	3.9	10:42	3.8	3:58	0.2	4:16	-0.1	7:13	5:00	
20	Sat	10:54	3.6	11:24	3.7	4:40	0.4	4:52	0.1	7:13	5:01	
21	Sun	11:42	3.4			5:22	0.6	5:28	0.3	7:12	5:02	
22	Mon	12:06	3.7	12:24	3.2	6:22	0.8	6:22	0.4	7:11	5:03	
23	Tue	12:48	3.6	1:12	3.1	7:28	0.8	7:22	0.5	7:11	5:04	
24	Wed	1:36	3.7	2:12	3.0	8:34	0.7	8:22	0.5	7:10	5:06	
25	Thu	2:36	3.8	3:12	3.1	9:34	0.5	9:22	0.3	7:09	5:07	
26	Fri	3:36	4.0	4:18	3.2	10:22	0.2	10:16	0.1	7:09	5:08	
27	Sat	4:36	4.3	5:12	3.5	11:16	-0.1	11:04	-0.2	7:08	5:09	
28	Sun	5:24	4.6	6:00	3.9			12:04	-0.4	7:07	5:10	
29	Mon	6:12	4.9	6:42	4.2			12:46	-0.7	7:06	5:12	
30	Tue	6:54	5.0	7:30	4.4	12:52	-0.7	1:34	-0.9	7:05	5:13	
31	Wed	7:42	5.1	8:12	4.6	1:40	-0.8	2:16	-1.1	7:04	5:14	