US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:22	5.0	4:50	4.0	10:55	-0.5	11:01	-0.5	7:17	4:41	
2	Wed	5:20	5.2	5:47	4.2	11:50	-0.7	11:56	-0.6	7:17	4:42	
3	Thu	6:13	5.3	6:40	4.4			12:43	-0.9	7:17	4:43	
4	Fri	7:02	5.3	7:31	4.4	12:50	-0.7	1:33	-1.0	7:17	4:44	
5	Sat	7:51	5.2	8:21	4.4	1:42	-0.7	2:20	-1.0	7:17	4:45	
6	Sun	8:39	5.0	9:10	4.3	2:31	-0.6	3:04	-0.9	7:17	4:46	
7	Mon	9:27	4.7	10:00	4.2	3:17	-0.4	3:46	-0.7	7:17	4:47	
8	Tue	10:15	4.3	10:50	4.0	4:02	-0.1	4:27	-0.4	7:17	4:48	
9	Wed	11:04	4.0	11:38	3.9	4:48	0.2	5:09	-0.1	7:17	4:49	
10	Thu	11:52	3.7			5:40	0.5	5:55	0.2	7:17	4:50	
11	Fri	12:24	3.8	12:40	3.5	6:39	0.7	6:46	0.3	7:17	4:51	
12	Sat	1:10	3.8	1:29	3.3	7:42	0.7	7:40	0.4	7:16	4:52	
13	Sun	1:58	3.8	2:23	3.2	8:41	0.7	8:35	0.4	7:16	4:53	
14	Mon	2:52	3.8	3:22	3.1	9:35	0.5	9:27	0.4	7:16	4:54	
15	Tue	3:47	3.9	4:20	3.2	10:24	0.3	10:16	0.2	7:15	4:55	
16	Wed	4:39	4.1	5:10	3.4	11:11	0.1	11:02	0.1	7:15	4:56	
17	Thu	5:24	4.3	5:55	3.6	11:55	-0.1	11:48	0.0	7:14	4:57	
18	Fri	6:05	4.5	6:35	3.8			12:39	-0.3	7:14	4:58	
19	Sat	6:43	4.6	7:14	3.9	12:33	-0.2	1:21	-0.5	7:13	5:00	
20	Sun	7:20	4.7	7:53	4.0	1:18	-0.3	2:01	-0.6	7:13	5:01	
21	Mon	7:58	4.6	8:34	4.1	2:01	-0.4	2:39	-0.6	7:12	5:02	
22	Tue	8:39	4.6	9:17	4.2	2:44	-0.4	3:16	-0.6	7:12	5:03	
23	Wed	9:24	4.4	10:06	4.3	3:27	-0.4	3:54	-0.6	7:11	5:04	
24	Thu	10:15	4.2	10:59	4.3	4:13	-0.3	4:35	-0.5	7:10	5:05	
25	Fri	11:12	4.0	11:55	4.4	5:08	-0.1	5:26	-0.3	7:09	5:07	
26	Sat			12:11	3.8	6:14	0.1	6:29	-0.1	7:09	5:08	
27	Sun	12:53	4.4	1:13	3.6	7:28	0.1	7:40	-0.1	7:08	5:09	
28	Mon	1:55	4.4	2:20	3.5	8:39	0.0	8:48	-0.1	7:07	5:10	
29	Tue	3:01	4.5	3:31	3.6	9:43	-0.2	9:51	-0.3	7:06	5:11	
30	Wed	4:08	4.6	4:38	3.8	10:40	-0.4	10:49	-0.4	7:05	5:12	
31	Thu	5:07	4.8	5:35	4.1	11:34	-0.6	11:44	-0.6	7:04	5:14	