US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jul 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:28**	4.1	**8:28**	5.0	**2:33**	0.2	**2:24**	0.6	5:31	8:28	
2	Tue	**9:08**	4.2	**9:03**	4.9	**3:13**	0.2	**3:06**	0.6	5:31	8:28	
3	Wed	**9:47**	4.2	**9:39**	4.8	**3:49**	0.2	**3:45**	0.6	5:32	8:28	
4	Thu	**10:28**	4.2	**10:19**	4.7	**4:24**	0.2	**4:24**	0.6	5:32	8:28	
5	Fri	**11:12**	4.3	**11:05**	4.6	**4:59**	0.2	**5:06**	0.7	5:33	8:28	
6	Sat	**11:59**	4.5	**11:57**	4.5	**5:35**	0.3	**5:55**	0.8	5:34	8:27	
7	Sun			**12:49**	4.6	**6:19**	0.3	**6:56**	0.8	5:34	8:27	
8	Mon	**12:53**	4.3	**1:41**	4.8	**7:13**	0.4	**8:08**	0.8	5:35	8:27	
9	Tue	**1:51**	4.2	**2:37**	5.0	**8:17**	0.4	**9:18**	0.7	5:36	8:26	
10	Wed	**2:53**	4.1	**3:38**	5.2	**9:23**	0.3	**10:23**	0.4	5:36	8:26	
11	Thu	**4:02**	4.2	**4:44**	5.4	**10:26**	0.2	**11:23**	0.1	5:37	8:26	
12	Fri	**5:13**	4.3	**5:46**	5.6	**11:26**	0.0			5:38	8:25	
13	Sat	**6:16**	4.5	**6:43**	5.8	**12:20**	-0.1	**12:24**	-0.1	5:38	8:25	
14	Sun	**7:12**	4.7	**7:35**	5.8	**1:15**	-0.4	**1:21**	-0.2	5:39	8:24	
15	Mon	**8:06**	4.9	**8:26**	5.8	**2:08**	-0.5	**2:17**	-0.2	5:40	8:23	
16	Tue	**8:58**	5.0	**9:16**	5.6	**2:58**	-0.6	**3:10**	-0.1	5:41	8:23	
17	Wed	**9:50**	4.9	**10:06**	5.3	**3:44**	-0.6	**3:59**	0.0	5:41	8:22	
18	Thu	**10:41**	4.9	**10:56**	5.0	**4:28**	-0.4	**4:46**	0.2	5:42	8:22	
19	Fri	**11:32**	4.8	**11:47**	4.7	**5:10**	-0.2	**5:34**	0.5	5:43	8:21	
20	Sat			**12:22**	4.7	**5:53**	0.1	**6:26**	0.8	5:44	8:20	
21	Sun	**12:36**	4.4	**1:09**	4.6	**6:38**	0.4	**7:24**	1.0	5:45	8:20	
22	Mon	**1:25**	4.1	**1:55**	4.5	**7:27**	0.7	**8:25**	1.1	5:46	8:19	
23	Tue	**2:13**	3.9	**2:42**	4.4	**8:20**	0.9	**9:24**	1.1	5:46	8:18	
24	Wed	**3:05**	3.7	**3:32**	4.4	**9:14**	0.9	**10:18**	1.0	5:47	8:17	
25	Thu	**4:01**	3.7	**4:26**	4.5	**10:07**	0.9	**11:08**	0.9	5:48	8:16	
26	Fri	**5:00**	3.7	**5:20**	4.6	**10:56**	0.9	**11:54**	0.7	5:49	8:15	
27	Sat	**5:53**	3.9	**6:07**	4.7	**11:44**	0.7			5:50	8:14	
28	Sun	**6:39**	4.0	**6:49**	4.9	**12:38**	0.5	**12:30**	0.6	5:51	8:14	
29	Mon	**7:21**	4.2	**7:27**	5.0	**1:22**	0.3	**1:16**	0.5	5:52	8:13	
30	Tue	**8:01**	4.4	**8:04**	5.1	**2:04**	0.2	**2:01**	0.4	5:53	8:12	
31	Wed	**8:39**	4.5	**8:40**	5.0	**2:44**	0.1	**2:44**	0.4	5:54	8:11	