US HARBORS www.USHarbors.com

Seaside Heights, NJ - Jan 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:12	4.1	1:30	3.7	7:40	0.5	7:49	0.2	7:17	4:41	
2	Thu	2:03	4.1	2:24	3.5	8:41	0.5	8:42	0.2	7:17	4:42	
3	Fri	2:56	4.0	3:21	3.4	9:35	0.4	9:31	0.2	7:17	4:43	
4	Sat	3:51	4.1	4:17	3.4	10:24	0.3	10:18	0.2	7:17	4:44	
5	Sun	4:41	4.2	5:07	3.5	11:09	0.1	11:02	0.1	7:17	4:45	
6	Mon	5:26	4.3	5:52	3.7	11:53	0.0	11:46	0.0	7:17	4:46	
7	Tue	6:06	4.4	6:34	3.8			12:36	-0.1	7:17	4:47	
8	Wed	6:44	4.5	7:13	3.8	12:29	0.0	1:17	-0.2	7:17	4:48	
9	Thu	7:19	4.5	7:51	3.8	1:12	-0.1	1:56	-0.3	7:17	4:48	
10	Fri	7:53	4.4	8:29	3.8	1:52	-0.1	2:32	-0.3	7:17	4:50	
11	Sat	8:26	4.3	9:06	3.8	2:30	0.0	3:06	-0.3	7:17	4:51	
12	Sun	9:00	4.2	9:44	3.8	3:07	0.0	3:38	-0.2	7:16	4:52	
13	Mon	9:40	4.0	10:27	3.8	3:44	0.1	4:11	-0.1	7:16	4:53	
14	Tue	10:26	3.9	11:15	3.9	4:26	0.2	4:48	-0.1	7:16	4:54	
15	Wed	11:20	3.8			5:18	0.3	5:35	0.0	7:15	4:55	
16	Thu	12:08	4.1	12:18	3.6	6:26	0.4	6:38	0.1	7:15	4:56	
17	Fri	1:03	4.2	1:20	3.6	7:42	0.3	7:50	0.0	7:14	4:57	
18	Sat	2:05	4.4	2:29	3.6	8:52	0.1	8:59	-0.2	7:14	4:58	
19	Sun	3:12	4.6	3:41	3.7	9:55	-0.2	10:01	-0.4	7:13	4:59	
20	Mon	4:18	4.8	4:48	4.0	10:52	-0.6	11:00	-0.7	7:13	5:00	
21	Tue	5:18	5.1	5:46	4.3	11:47	-0.9	11:57	-0.9	7:12	5:02	
22	Wed	6:11	5.3	6:39	4.5			12:41	-1.1	7:12	5:03	
23	Thu	7:02	5.4	7:30	4.7	12:52	-1.0	1:31	-1.3	7:11	5:04	
24	Fri	7:52	5.3	8:21	4.7	1:46	-1.0	2:19	-1.3	7:10	5:05	
25	Sat	8:42	5.1	9:12	4.6	2:36	-0.9	3:04	-1.2	7:10	5:06	
26	Sun	9:32	4.8	10:03	4.5	3:23	-0.7	3:48	-1.0	7:09	5:07	
27	Mon	10:23	4.4	10:54	4.3	4:11	-0.4	4:31	-0.6	7:08	5:09	
28	Tue	11:14	4.0	11:45	4.1	5:01	-0.1	5:16	-0.3	7:07	5:10	
29	Wed			12:05	3.7	5:57	0.2	6:07	0.1	7:06	5:11	
30	Thu	12:33	3.9	12:55	3.4	6:59	0.5	7:02	0.3	7:06	5:12	
31	Fri	1:22	3.8	1:47	3.3	8:02	0.6	8:00	0.4	7:05	5:13	