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# Seaside Heights, NJ - Jul 2031

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | **4:24** | 4.1 | **5:03** | 5.3 | **10:45** | 0.3 | **11:41** | 0.1 | 5:31 | 8:28 | |
| 2 | Wed | **5:31** | 4.3 | **6:01** | 5.6 | **11:42** | 0.0 | | | 5:31 | 8:28 | |
| 3 | Thu | **6:30** | 4.5 | **6:56** | 5.9 | **12:37** | -0.2 | **12:39** | -0.1 | 5:32 | 8:28 | |
| 4 | Fri | **7:26** | 4.8 | **7:49** | 6.0 | **1:32** | -0.5 | **1:37** | -0.3 | 5:32 | 8:28 | |
| 5 | Sat | **8:20** | 5.0 | **8:41** | 6.0 | **2:25** | -0.7 | **2:34** | -0.4 | 5:33 | 8:28 | |
| 6 | Sun | **9:15** | 5.1 | **9:35** | 5.8 | **3:16** | -0.8 | **3:28** | -0.3 | 5:34 | 8:27 | |
| 7 | Mon | **10:11** | 5.1 | **10:29** | 5.6 | **4:05** | -0.8 | **4:20** | -0.2 | 5:34 | 8:27 | |
| 8 | Tue | **11:08** | 5.1 | **11:25** | 5.2 | **4:52** | -0.6 | **5:13** | 0.0 | 5:35 | 8:27 | |
| 9 | Wed | | | **12:04** | 5.0 | **5:41** | -0.4 | **6:09** | 0.3 | 5:35 | 8:26 | |
| 10 | Thu | **12:20** | 4.9 | **12:58** | 4.9 | **6:32** | -0.1 | **7:10** | 0.6 | 5:36 | 8:26 | |
| 11 | Fri | **1:14** | 4.6 | **1:49** | 4.8 | **7:26** | 0.2 | **8:14** | 0.8 | 5:37 | 8:26 | |
| 12 | Sat | **2:06** | 4.3 | **2:40** | 4.7 | **8:22** | 0.4 | **9:17** | 0.8 | 5:37 | 8:25 | |
| 13 | Sun | **2:59** | 4.1 | **3:32** | 4.7 | **9:17** | 0.6 | **10:14** | 0.8 | 5:38 | 8:25 | |
| 14 | Mon | **3:55** | 3.9 | **4:26** | 4.7 | **10:08** | 0.7 | **11:05** | 0.7 | 5:39 | 8:24 | |
| 15 | Tue | **4:53** | 3.9 | **5:19** | 4.7 | **10:57** | 0.7 | **11:52** | 0.6 | 5:40 | 8:24 | |
| 16 | Wed | **5:47** | 3.9 | **6:06** | 4.8 | **11:43** | 0.6 | | | 5:40 | 8:23 | |
| 17 | Thu | **6:35** | 4.1 | **6:49** | 4.9 | **12:36** | 0.5 | **12:27** | 0.6 | 5:41 | 8:22 | |
| 18 | Fri | **7:19** | 4.2 | **7:29** | 4.9 | **1:20** | 0.4 | **1:12** | 0.6 | 5:42 | 8:22 | |
| 19 | Sat | **8:00** | 4.3 | **8:06** | 4.9 | **2:02** | 0.3 | **1:56** | 0.5 | 5:43 | 8:21 | |
| 20 | Sun | **8:40** | 4.3 | **8:41** | 4.9 | **2:42** | 0.2 | **2:39** | 0.5 | 5:44 | 8:20 | |
| 21 | Mon | **9:18** | 4.3 | **9:15** | 4.8 | **3:19** | 0.2 | **3:19** | 0.6 | 5:45 | 8:20 | |
| 22 | Tue | **9:56** | 4.3 | **9:49** | 4.6 | **3:53** | 0.2 | **3:56** | 0.6 | 5:45 | 8:19 | |
| 23 | Wed | **10:34** | 4.3 | **10:25** | 4.5 | **4:25** | 0.3 | **4:33** | 0.7 | 5:46 | 8:18 | |
| 24 | Thu | **11:14** | 4.3 | **11:06** | 4.3 | **4:56** | 0.4 | **5:12** | 0.8 | 5:47 | 8:17 | |
| 25 | Fri | **11:57** | 4.4 | **11:55** | 4.2 | **5:29** | 0.5 | **5:57** | 0.9 | 5:48 | 8:16 | |
| 26 | Sat | | | **12:44** | 4.6 | **6:08** | 0.5 | **6:56** | 1.0 | 5:49 | 8:16 | |
| 27 | Sun | **12:50** | 4.1 | **1:35** | 4.7 | **7:00** | 0.6 | **8:07** | 0.9 | 5:50 | 8:15 | |
| 28 | Mon | **1:48** | 4.0 | **2:31** | 4.9 | **8:08** | 0.6 | **9:18** | 0.8 | 5:51 | 8:14 | |
| 29 | Tue | **2:51** | 4.0 | **3:34** | 5.1 | **9:19** | 0.5 | **10:23** | 0.5 | 5:52 | 8:13 | |
| 30 | Wed | **4:01** | 4.1 | **4:41** | 5.3 | **10:25** | 0.3 | **11:22** | 0.2 | 5:52 | 8:12 | |
| 31 | Thu | **5:12** | 4.3 | **5:44** | 5.6 | **11:26** | 0.1 | | | 5:53 | 8:11 | |