



Seaside Heights, NJ - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:46	5.2	7:12	4.3	12:36	-0.5	1:22	-0.8	7:17	4:42	☀
2	Sun	7:31	5.3	8:00	4.4	1:26	-0.6	2:09	-0.9	7:17	4:42	☀
3	Mon	8:19	5.2	8:50	4.4	2:15	-0.7	2:54	-1.0	7:17	4:43	☀
4	Tue	9:11	5.1	9:45	4.4	3:04	-0.6	3:40	-1.0	7:17	4:44	☀
5	Wed	10:06	4.8	10:43	4.4	3:55	-0.5	4:27	-0.8	7:17	4:45	☀
6	Thu	11:04	4.6	11:41	4.4	4:50	-0.3	5:20	-0.6	7:17	4:46	☀
7	Fri			12:02	4.3	5:53	-0.1	6:19	-0.5	7:17	4:47	☀
8	Sat	12:38	4.4	12:59	4.1	7:03	0.1	7:21	-0.3	7:17	4:48	☀
9	Sun	1:35	4.4	1:58	3.9	8:12	0.1	8:23	-0.3	7:17	4:49	☀
10	Mon	2:34	4.4	3:01	3.8	9:15	0.0	9:21	-0.3	7:17	4:50	☀
11	Tue	3:36	4.4	4:04	3.8	10:12	-0.2	10:14	-0.3	7:16	4:51	☀
12	Wed	4:34	4.5	5:01	3.9	11:04	-0.3	11:04	-0.3	7:16	4:52	☀
13	Thu	5:25	4.6	5:51	4.0	11:53	-0.4	11:52	-0.3	7:16	4:53	☀
14	Fri	6:10	4.7	6:37	4.1			12:40	-0.5	7:15	4:54	☀
15	Sat	6:52	4.7	7:20	4.1	12:39	-0.3	1:23	-0.5	7:15	4:55	☀
16	Sun	7:32	4.6	8:02	4.0	1:23	-0.3	2:04	-0.5	7:15	4:56	☀
17	Mon	8:11	4.5	8:43	4.0	2:05	-0.2	2:41	-0.5	7:14	4:58	☀
18	Tue	8:50	4.3	9:25	3.9	2:44	-0.1	3:16	-0.3	7:14	4:59	☀
19	Wed	9:29	4.0	10:08	3.8	3:21	0.0	3:50	-0.2	7:13	5:00	☀
20	Thu	10:09	3.8	10:51	3.7	3:59	0.2	4:24	0.0	7:13	5:01	☀
21	Fri	10:51	3.6	11:35	3.6	4:38	0.4	5:00	0.2	7:12	5:02	☀
22	Sat	11:35	3.4			5:25	0.6	5:42	0.3	7:11	5:03	☀
23	Sun	12:18	3.6	12:22	3.3	6:24	0.7	6:36	0.4	7:11	5:04	☀
24	Mon	1:03	3.7	1:12	3.2	7:32	0.7	7:39	0.4	7:10	5:06	☀
25	Tue	1:53	3.8	2:11	3.2	8:37	0.5	8:41	0.3	7:09	5:07	☀
26	Wed	2:51	4.0	3:16	3.3	9:35	0.2	9:38	0.1	7:08	5:08	☀
27	Thu	3:52	4.2	4:20	3.5	10:28	-0.1	10:32	-0.2	7:08	5:09	☀
28	Fri	4:48	4.6	5:15	3.9	11:19	-0.4	11:24	-0.5	7:07	5:10	☀
29	Sat	5:39	4.9	6:05	4.2			12:09	-0.7	7:06	5:12	☀
30	Sun	6:27	5.2	6:53	4.5	12:17	-0.7	12:59	-1.0	7:05	5:13	☀
31	Mon	7:15	5.3	7:42	4.7	1:10	-0.9	1:47	-1.2	7:04	5:14	☀