

































Seaside Heights, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:53	4.8	10:10	5.4	3:53	-0.7	3:58	-0.3	5:55	7:50	
2	Mon	10:48	4.6	11:02	5.0	4:41	-0.4	4:45	0.0	5:54	7:51	
3	Tue	11:44	4.4	11:57	4.7	5:29	-0.1	5:33	0.4	5:52	7:52	
4	Wed			12:39	4.2	6:21	0.2	6:27	0.7	5:51	7:53	
5	Thu	12:50	4.4	1:32	4.1	7:18	0.5	7:28	1.0	5:50	7:54	
6	Fri	1:42	4.2	2:22	4.1	8:16	0.6	8:32	1.1	5:49	7:55	
7	Sat	2:32	4.0	3:14	4.1	9:11	0.7	9:31	1.0	5:48	7:56	
8	Sun	3:25	3.9	4:06	4.2	10:00	0.6	10:24	0.9	5:47	7:57	
9	Mon	4:20	3.9	4:57	4.4	10:45	0.6	11:12	0.7	5:46	7:58	
10	Tue	5:13	4.0	5:44	4.6	11:27	0.5	11:57	0.5	5:45	7:59	
11	Wed	6:01	4.1	6:26	4.8			12:08	0.4	5:44	8:00	
12	Thu	6:44	4.2	7:04	5.0	12:41	0.3	12:48	0.3	5:43	8:01	
13	Fri	7:24	4.2	7:40	5.0	1:25	0.2	1:29	0.3	5:42	8:02	
14	Sat	8:02	4.2	8:15	5.1	2:08	0.1	2:10	0.3	5:41	8:03	
15	Sun	8:40	4.2	8:50	5.1	2:50	0.0	2:50	0.4	5:40	8:04	
16	Mon	9:19	4.2	9:28	5.0	3:31	0.0	3:28	0.4	5:39	8:05	
17	Tue	10:01	4.1	10:10	4.9	4:10	0.0	4:07	0.5	5:38	8:06	
18	Wed	10:50	4.1	11:01	4.9	4:51	0.1	4:49	0.6	5:37	8:07	
19	Thu	11:45	4.1	11:58	4.8	5:36	0.2	5:38	0.7	5:36	8:08	
20	Fri			12:42	4.3	6:27	0.2	6:41	0.7	5:36	8:09	
21	Sat	12:57	4.7	1:39	4.4	7:28	0.2	7:56	0.7	5:35	8:10	
22	Sun	1:56	4.6	2:36	4.7	8:31	0.2	9:08	0.6	5:34	8:11	
23	Mon	2:57	4.6	3:37	4.9	9:31	0.0	10:13	0.3	5:34	8:11	
24	Tue	4:02	4.6	4:39	5.2	10:28	-0.1	11:12	0.0	5:33	8:12	
25	Wed	5:06	4.7	5:37	5.5	11:22	-0.3			5:32	8:13	
26	Thu	6:05	4.8	6:31	5.7	12:08	-0.2	12:14	-0.4	5:32	8:14	
27	Fri	6:59	4.9	7:21	5.8	1:02	-0.4	1:06	-0.4	5:31	8:15	
28	Sat	7:51	4.9	8:09	5.7	1:55	-0.5	1:58	-0.3	5:31	8:15	
29	Sun	8:42	4.8	8:57	5.6	2:46	-0.5	2:48	-0.2	5:30	8:16	
30	Mon	9:33	4.7	9:46	5.3	3:34	-0.4	3:36	0.0	5:30	8:17	
31	Tue	10:25	4.6	10:35	5.0	4:20	-0.3	4:21	0.3	5:29	8:18	