
































Seaside Heights, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:18	4.4	11:26	4.7	5:04	0.0	5:07	0.6	5:29	8:18	
2	Thu			12:10	4.3	5:49	0.2	5:55	0.8	5:28	8:19	
3	Fri	12:16	4.5	1:00	4.2	6:37	0.5	6:49	1.1	5:28	8:20	
4	Sat	1:05	4.2	1:48	4.2	7:29	0.7	7:49	1.2	5:28	8:20	
5	Sun	1:52	4.0	2:35	4.3	8:21	0.8	8:49	1.2	5:27	8:21	
6	Mon	2:40	3.9	3:23	4.3	9:12	0.8	9:46	1.1	5:27	8:22	
7	Tue	3:32	3.8	4:13	4.4	10:00	0.7	10:37	0.9	5:27	8:22	
8	Wed	4:27	3.8	5:03	4.6	10:45	0.6	11:25	0.7	5:27	8:23	
9	Thu	5:21	3.9	5:49	4.8	11:29	0.6			5:27	8:23	
10	Fri	6:10	4.0	6:31	5.0	12:11	0.5	12:12	0.5	5:27	8:24	
11	Sat	6:54	4.1	7:11	5.1	12:56	0.3	12:56	0.4	5:26	8:24	
12	Sun	7:35	4.2	7:49	5.3	1:42	0.1	1:40	0.4	5:26	8:25	
13	Mon	8:17	4.3	8:29	5.3	2:27	0.0	2:25	0.3	5:26	8:25	
14	Tue	8:59	4.3	9:11	5.3	3:11	-0.1	3:10	0.3	5:26	8:26	
15	Wed	9:46	4.4	9:57	5.2	3:53	-0.2	3:55	0.3	5:26	8:26	
16	Thu	10:36	4.4	10:49	5.1	4:36	-0.2	4:41	0.4	5:26	8:27	
17	Fri	11:31	4.5	11:46	5.0	5:20	-0.1	5:32	0.5	5:27	8:27	
18	Sat			12:28	4.6	6:09	-0.1	6:32	0.6	5:27	8:27	
19	Sun	12:43	4.8	1:24	4.8	7:05	0.0	7:42	0.6	5:27	8:27	
20	Mon	1:41	4.7	2:19	4.9	8:06	0.1	8:52	0.6	5:27	8:28	
21	Tue	2:39	4.6	3:17	5.1	9:07	0.0	9:57	0.4	5:27	8:28	
22	Wed	3:41	4.5	4:18	5.2	10:05	0.0	10:57	0.2	5:28	8:28	
23	Thu	4:46	4.5	5:18	5.4	11:00	-0.1	11:52	0.0	5:28	8:28	
24	Fri	5:47	4.5	6:13	5.5	11:54	-0.1			5:28	8:28	
25	Sat	6:42	4.6	7:03	5.6	12:46	-0.1	12:46	-0.1	5:28	8:28	
26	Sun	7:33	4.7	7:50	5.5	1:37	-0.2	1:37	0.0	5:29	8:29	
27	Mon	8:22	4.7	8:36	5.4	2:27	-0.3	2:26	0.1	5:29	8:29	
28	Tue	9:11	4.6	9:21	5.2	3:13	-0.2	3:13	0.2	5:30	8:29	
29	Wed	9:59	4.5	10:06	4.9	3:55	-0.1	3:57	0.4	5:30	8:28	
30	Thu	10:47	4.4	10:52	4.7	4:36	0.0	4:39	0.6	5:31	8:28	