

































## Seaside Heights, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:49	4.8	4:19	4.1	10:26	-0.4	10:30	-0.6	7:17	4:41	
2	Mon	4:48	5.0	5:17	4.3	11:20	-0.6	11:23	-0.7	7:17	4:42	
3	Tue	5:42	5.1	6:10	4.4			12:13	-0.7	7:17	4:43	
4	Wed	6:31	5.2	7:00	4.4	12:16	-0.7	1:04	-0.8	7:17	4:44	
5	Thu	7:18	5.1	7:49	4.4	1:07	-0.7	1:52	-0.9	7:17	4:45	
6	Fri	8:04	5.0	8:37	4.3	1:55	-0.6	2:37	-0.8	7:17	4:46	
7	Sat	8:50	4.7	9:25	4.2	2:41	-0.4	3:19	-0.6	7:17	4:47	
8	Sun	9:36	4.4	10:14	4.0	3:24	-0.2	3:59	-0.4	7:17	4:48	
9	Mon	10:23	4.1	11:03	3.9	4:06	0.1	4:40	-0.2	7:17	4:49	
10	Tue	11:11	3.9	11:51	3.8	4:51	0.3	5:23	0.1	7:17	4:50	
11	Wed	11:58	3.6			5:42	0.6	6:11	0.3	7:16	4:51	
12	Thu	12:37	3.7	12:44	3.4	6:42	0.7	7:04	0.4	7:16	4:52	
13	Fri	1:24	3.7	1:33	3.3	7:44	0.7	7:59	0.4	7:16	4:53	
14	Sat	2:13	3.7	2:27	3.2	8:43	0.6	8:52	0.4	7:16	4:54	
15	Sun	3:06	3.8	3:26	3.2	9:37	0.4	9:42	0.3	7:15	4:55	
16	Mon	4:00	4.0	4:23	3.3	10:26	0.2	10:29	0.1	7:15	4:56	
17	Tue	4:49	4.2	5:12	3.5	11:13	-0.1	11:15	0.0	7:14	4:57	
18	Wed	5:33	4.5	5:56	3.7	11:59	-0.3			7:14	4:58	
19	Thu	6:14	4.7	6:38	3.9	12:01	-0.2	12:44	-0.5	7:13	5:00	
20	Fri	6:55	4.8	7:19	4.1	12:47	-0.4	1:28	-0.7	7:13	5:01	
21	Sat	7:36	4.9	8:02	4.2	1:33	-0.5	2:11	-0.8	7:12	5:02	
22	Sun	8:19	4.9	8:47	4.3	2:18	-0.6	2:52	-0.9	7:11	5:03	
23	Mon	9:06	4.8	9:37	4.3	3:03	-0.6	3:34	-0.9	7:11	5:04	
24	Tue	9:58	4.6	10:31	4.3	3:50	-0.5	4:18	-0.8	7:10	5:05	
25	Wed	10:53	4.4	11:28	4.4	4:42	-0.3	5:07	-0.6	7:09	5:07	
26	Thu	11:52	4.1			5:44	-0.1	6:04	-0.4	7:09	5:08	
27	Fri	12:25	4.4	12:50	4.0	6:55	0.0	7:09	-0.3	7:08	5:09	
28	Sat	1:24	4.4	1:52	3.8	8:06	0.0	8:15	-0.3	7:07	5:10	
29	Sun	2:26	4.4	2:57	3.8	9:12	-0.1	9:18	-0.3	7:06	5:11	
30	Mon	3:31	4.5	4:04	3.8	10:11	-0.3	10:15	-0.4	7:05	5:13	
31	Tue	4:33	4.6	5:03	4.0	11:05	-0.5	11:09	-0.5	7:04	5:14	