

































## Seaside Heights, NJ - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:23	4.3	3:01	5.0	8:47	0.3	9:49	0.6	5:31	8:28	
2	Thu	3:25	4.2	4:02	5.2	9:47	0.2	10:51	0.4	5:31	8:28	
3	Fri	4:34	4.2	5:06	5.4	10:45	0.1	11:50	0.2	5:32	8:28	
4	Sat	5:40	4.3	6:06	5.6	11:43	0.0			5:32	8:28	
5	Sun	6:40	4.4	7:01	5.7	12:46	-0.1	12:40	0.0	5:33	8:28	
6	Mon	7:35	4.5	7:53	5.7	1:42	-0.2	1:37	0.0	5:34	8:27	
7	Tue	8:29	4.6	8:45	5.6	2:36	-0.3	2:33	0.0	5:34	8:27	
8	Wed	9:23	4.6	9:35	5.4	3:25	-0.4	3:25	0.1	5:35	8:27	
9	Thu	10:16	4.6	10:26	5.1	4:11	-0.3	4:14	0.3	5:36	8:26	
10	Fri	11:09	4.6	11:17	4.8	4:55	-0.1	5:01	0.5	5:36	8:26	
11	Sat			12:01	4.5	5:38	0.1	5:50	0.8	5:37	8:26	
12	Sun	12:07	4.5	12:49	4.5	6:22	0.4	6:43	1.0	5:38	8:25	
13	Mon	12:55	4.2	1:35	4.5	7:09	0.6	7:42	1.1	5:38	8:25	
14	Tue	1:41	4.0	2:19	4.4	7:57	0.8	8:42	1.2	5:39	8:24	
15	Wed	2:28	3.7	3:05	4.4	8:47	0.9	9:40	1.1	5:40	8:24	
16	Thu	3:19	3.6	3:55	4.5	9:37	1.0	10:33	1.0	5:41	8:23	
17	Fri	4:17	3.5	4:48	4.5	10:26	1.0	11:21	0.9	5:41	8:22	
18	Sat	5:15	3.6	5:39	4.7	11:13	0.9			5:42	8:22	
19	Sun	6:08	3.7	6:24	4.8	12:08	0.7	12:00	0.9	5:43	8:21	
20	Mon	6:54	3.8	7:06	5.0	12:54	0.5	12:46	0.8	5:44	8:20	
21	Tue	7:35	4.0	7:45	5.1	1:39	0.4	1:32	0.7	5:45	8:20	
22	Wed	8:15	4.1	8:24	5.1	2:23	0.2	2:17	0.6	5:45	8:19	
23	Thu	8:55	4.2	9:02	5.1	3:04	0.1	3:01	0.5	5:46	8:18	
24	Fri	9:35	4.3	9:43	5.0	3:42	0.0	3:43	0.5	5:47	8:17	
25	Sat	10:18	4.4	10:28	4.9	4:18	0.0	4:26	0.5	5:48	8:16	
26	Sun	11:05	4.6	11:17	4.7	4:55	0.0	5:11	0.6	5:49	8:16	
27	Mon	11:56	4.7			5:35	0.1	6:04	0.7	5:50	8:15	
28	Tue	12:11	4.5	12:49	4.9	6:20	0.2	7:10	0.8	5:51	8:14	
29	Wed	1:08	4.3	1:43	5.0	7:16	0.3	8:23	0.8	5:52	8:13	
30	Thu	2:06	4.1	2:40	5.0	8:20	0.4	9:34	0.7	5:53	8:12	
31	Fri	3:10	4.0	3:44	5.1	9:27	0.4	10:39	0.5	5:53	8:11	