

































Seaside Heights, NJ - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:52	4.6	6:21	3.8			12:27	-0.2	7:17	4:41	
2	Sun	6:30	4.8	7:02	3.9	12:19	-0.1	1:12	-0.4	7:17	4:42	
3	Mon	7:09	4.9	7:44	3.9	1:03	-0.2	1:55	-0.5	7:17	4:43	
4	Tue	7:49	4.9	8:27	3.9	1:48	-0.3	2:37	-0.6	7:17	4:44	
5	Wed	8:32	4.8	9:15	4.0	2:32	-0.3	3:19	-0.6	7:17	4:45	
6	Thu	9:21	4.7	10:08	4.0	3:16	-0.3	4:01	-0.5	7:17	4:45	
7	Fri	10:15	4.6	11:04	4.1	4:04	-0.2	4:48	-0.4	7:17	4:46	
8	Sat	11:13	4.4			4:59	0.0	5:41	-0.3	7:17	4:47	
9	Sun	12:00	4.2	12:11	4.2	6:05	0.1	6:41	-0.3	7:17	4:48	
10	Mon	12:57	4.3	1:10	4.0	7:18	0.1	7:44	-0.2	7:17	4:49	
11	Tue	1:55	4.4	2:12	3.9	8:28	0.0	8:45	-0.3	7:17	4:50	
12	Wed	2:56	4.5	3:18	3.8	9:31	-0.1	9:43	-0.4	7:16	4:51	
13	Thu	3:58	4.7	4:23	3.9	10:29	-0.3	10:37	-0.5	7:16	4:53	
14	Fri	4:56	4.9	5:21	4.0	11:23	-0.5	11:30	-0.5	7:16	4:54	
15	Sat	5:48	5.0	6:13	4.1			12:15	-0.7	7:15	4:55	
16	Sun	6:36	5.0	7:02	4.1	12:21	-0.5	1:05	-0.7	7:15	4:56	
17	Mon	7:21	5.0	7:48	4.1	1:11	-0.5	1:51	-0.7	7:14	4:57	
18	Tue	8:06	4.8	8:34	4.0	1:57	-0.4	2:34	-0.7	7:14	4:58	
19	Wed	8:50	4.6	9:20	3.9	2:41	-0.3	3:14	-0.6	7:13	4:59	
20	Thu	9:35	4.3	10:07	3.8	3:22	-0.1	3:52	-0.4	7:13	5:00	
21	Fri	10:20	4.0	10:53	3.7	4:03	0.1	4:29	-0.1	7:12	5:01	
22	Sat	11:06	3.8	11:39	3.6	4:46	0.4	5:09	0.1	7:12	5:03	
23	Sun	11:52	3.6			5:35	0.6	5:53	0.3	7:11	5:04	
24	Mon	12:24	3.6	12:39	3.4	6:34	0.8	6:45	0.4	7:10	5:05	
25	Tue	1:08	3.6	1:27	3.2	7:39	0.8	7:41	0.4	7:10	5:06	
26	Wed	1:55	3.6	2:21	3.1	8:40	0.7	8:36	0.4	7:09	5:07	
27	Thu	2:48	3.7	3:21	3.2	9:35	0.5	9:29	0.3	7:08	5:08	
28	Fri	3:45	3.9	4:19	3.3	10:25	0.2	10:18	0.1	7:07	5:10	
29	Sat	4:37	4.2	5:11	3.5	11:13	0.0	11:06	-0.1	7:06	5:11	
30	Sun	5:24	4.4	5:56	3.7			12:00	-0.3	7:06	5:12	
31	Mon	6:08	4.7	6:40	3.9			12:47	-0.5	7:05	5:13	