

































Seaside Heights, NJ - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:06	4.6	3:27	3.9	9:42	-0.1	9:52	-0.4	7:17	4:42	
2	Tue	4:09	4.9	4:33	4.0	10:41	-0.4	10:47	-0.6	7:17	4:43	
3	Wed	5:07	5.2	5:32	4.2	11:37	-0.7	11:42	-0.7	7:17	4:43	
4	Thu	6:00	5.4	6:27	4.3			12:32	-0.9	7:17	4:44	
5	Fri	6:52	5.5	7:20	4.4	12:37	-0.8	1:25	-1.0	7:17	4:45	
6	Sat	7:42	5.4	8:13	4.3	1:31	-0.8	2:16	-1.0	7:17	4:46	
7	Sun	8:33	5.2	9:06	4.2	2:23	-0.7	3:03	-0.9	7:17	4:47	
8	Mon	9:25	4.9	10:00	4.1	3:12	-0.5	3:48	-0.8	7:17	4:48	
9	Tue	10:17	4.6	10:53	4.0	4:00	-0.2	4:34	-0.5	7:17	4:49	
10	Wed	11:09	4.2	11:45	3.9	4:50	0.1	5:21	-0.2	7:17	4:50	
11	Thu	11:59	3.9			5:45	0.4	6:11	0.0	7:16	4:51	
12	Fri	12:34	3.8	12:48	3.7	6:46	0.6	7:03	0.2	7:16	4:52	
13	Sat	1:21	3.8	1:37	3.4	7:49	0.7	7:56	0.3	7:16	4:53	
14	Sun	2:10	3.8	2:30	3.3	8:47	0.6	8:46	0.3	7:15	4:54	
15	Mon	3:02	3.8	3:27	3.2	9:39	0.5	9:34	0.3	7:15	4:55	
16	Tue	3:55	3.9	4:22	3.3	10:27	0.3	10:20	0.2	7:14	4:57	
17	Wed	4:44	4.1	5:12	3.4	11:13	0.1	11:04	0.1	7:14	4:58	
18	Thu	5:28	4.3	5:57	3.5	11:58	-0.1	11:49	0.0	7:14	4:59	
19	Fri	6:08	4.4	6:38	3.6			12:42	-0.2	7:13	5:00	
20	Sat	6:45	4.5	7:17	3.7	12:33	-0.1	1:24	-0.3	7:12	5:01	
21	Sun	7:21	4.6	7:55	3.7	1:16	-0.1	2:04	-0.4	7:12	5:02	
22	Mon	7:57	4.6	8:34	3.8	1:57	-0.2	2:42	-0.5	7:11	5:03	
23	Tue	8:35	4.5	9:15	3.8	2:38	-0.2	3:18	-0.5	7:10	5:05	
24	Wed	9:17	4.4	10:01	3.9	3:18	-0.2	3:54	-0.4	7:10	5:06	
25	Thu	10:05	4.2	10:51	4.0	4:01	-0.1	4:33	-0.3	7:09	5:07	
26	Fri	10:59	4.1	11:45	4.1	4:50	0.0	5:19	-0.2	7:08	5:08	
27	Sat	11:56	3.9			5:53	0.2	6:17	-0.1	7:07	5:09	
28	Sun	12:40	4.2	12:55	3.7	7:07	0.2	7:24	-0.1	7:07	5:11	
29	Mon	1:39	4.3	2:00	3.6	8:20	0.1	8:31	-0.2	7:06	5:12	
30	Tue	2:43	4.5	3:10	3.6	9:27	-0.1	9:34	-0.3	7:05	5:13	
31	Wed	3:50	4.6	4:20	3.7	10:27	-0.4	10:33	-0.5	7:04	5:14	