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# Seaside Park, NJ - Jan 2003

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 5:43 | 5.2 | 6:09 | 4.1 | | | 12:13 | -0.6 | 7:17 | 4:41 | |
| 2 | Thu | 6:32 | 5.2 | 6:59 | 4.1 | 12:16 | -0.5 | 1:05 | -0.7 | 7:17 | 4:42 | |
| 3 | Fri | 7:20 | 5.1 | 7:49 | 4.1 | 1:08 | -0.4 | 1:54 | -0.7 | 7:18 | 4:43 | |
| 4 | Sat | 8:07 | 4.9 | 8:38 | 4.0 | 1:57 | -0.3 | 2:39 | -0.6 | 7:18 | 4:44 | |
| 5 | Sun | 8:54 | 4.7 | 9:28 | 3.8 | 2:43 | -0.2 | 3:22 | -0.5 | 7:18 | 4:45 | |
| 6 | Mon | 9:42 | 4.4 | 10:18 | 3.7 | 3:27 | 0.0 | 4:03 | -0.3 | 7:18 | 4:46 | |
| 7 | Tue | 10:30 | 4.1 | 11:07 | 3.7 | 4:10 | 0.3 | 4:44 | -0.1 | 7:17 | 4:47 | |
| 8 | Wed | 11:18 | 3.9 | 11:55 | 3.6 | 4:56 | 0.5 | 5:26 | 0.1 | 7:17 | 4:48 | |
| 9 | Thu | | | 12:05 | 3.6 | 5:50 | 0.7 | 6:13 | 0.3 | 7:17 | 4:49 | |
| 10 | Fri | 12:40 | 3.6 | 12:52 | 3.4 | 6:52 | 0.8 | 7:04 | 0.4 | 7:17 | 4:50 | |
| 11 | Sat | 1:25 | 3.6 | 1:40 | 3.3 | 7:54 | 0.8 | 7:56 | 0.4 | 7:17 | 4:51 | |
| 12 | Sun | 2:12 | 3.7 | 2:34 | 3.2 | 8:53 | 0.7 | 8:47 | 0.4 | 7:17 | 4:52 | |
| 13 | Mon | 3:04 | 3.8 | 3:32 | 3.1 | 9:45 | 0.5 | 9:36 | 0.3 | 7:16 | 4:53 | |
| 14 | Tue | 3:57 | 4.0 | 4:28 | 3.2 | 10:34 | 0.3 | 10:23 | 0.2 | 7:16 | 4:54 | |
| 15 | Wed | 4:46 | 4.2 | 5:18 | 3.4 | 11:21 | 0.1 | 11:09 | 0.1 | 7:16 | 4:55 | |
| 16 | Thu | 5:30 | 4.4 | 6:03 | 3.5 | | | 12:07 | -0.1 | 7:15 | 4:56 | |
| 17 | Fri | 6:11 | 4.6 | 6:45 | 3.7 | | | 12:53 | -0.3 | 7:15 | 4:57 | |
| 18 | Sat | 6:52 | 4.8 | 7:27 | 3.8 | 12:42 | -0.2 | 1:38 | -0.5 | 7:14 | 4:58 | |
| 19 | Sun | 7:33 | 4.9 | 8:10 | 3.9 | 1:29 | -0.3 | 2:20 | -0.6 | 7:14 | 4:59 | |
| 20 | Mon | 8:17 | 4.8 | 8:56 | 4.0 | 2:15 | -0.4 | 3:01 | -0.7 | 7:13 | 5:00 | |
| 21 | Tue | 9:04 | 4.7 | 9:46 | 4.1 | 3:00 | -0.4 | 3:42 | -0.7 | 7:13 | 5:02 | |
| 22 | Wed | 9:55 | 4.5 | 10:40 | 4.2 | 3:47 | -0.4 | 4:24 | -0.6 | 7:12 | 5:03 | |
| 23 | Thu | 10:50 | 4.3 | 11:35 | 4.3 | 4:39 | -0.2 | 5:12 | -0.5 | 7:11 | 5:04 | |
| 24 | Fri | 11:47 | 4.1 | | | 5:40 | 0.0 | 6:08 | -0.3 | 7:11 | 5:05 | |
| 25 | Sat | 12:31 | 4.3 | 12:45 | 3.8 | 6:51 | 0.1 | 7:10 | -0.2 | 7:10 | 5:06 | |
| 26 | Sun | 1:27 | 4.4 | 1:46 | 3.6 | 8:03 | 0.1 | 8:15 | -0.1 | 7:09 | 5:07 | |
| 27 | Mon | 2:28 | 4.4 | 2:53 | 3.5 | 9:10 | 0.0 | 9:17 | -0.2 | 7:08 | 5:09 | |
| 28 | Tue | 3:33 | 4.5 | 4:02 | 3.5 | 10:10 | -0.2 | 10:15 | -0.2 | 7:08 | 5:10 | |
| 29 | Wed | 4:35 | 4.6 | 5:04 | 3.7 | 11:06 | -0.3 | 11:10 | -0.3 | 7:07 | 5:11 | |
| 30 | Thu | 5:30 | 4.7 | 5:57 | 3.8 | 11:58 | -0.5 | | | 7:06 | 5:12 | |
| 31 | Fri | 6:19 | 4.8 | 6:46 | 3.9 | 12:02 | -0.3 | 12:47 | -0.6 | 7:05 | 5:13 | |