US HARBORS www.USHarbors.com

Seaside Park, NJ - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:32	4.4	3:15	4.8	9:07	0.2	9:42	0.6	5:29	8:18	
2	Tue	3:29	4.2	4:10	4.9	9:59	0.2	10:38	0.5	5:29	8:19	
3	Wed	4:27	4.1	5:04	5.0	10:47	0.3	11:29	0.4	5:28	8:20	
4	Thu	5:24	4.0	5:53	5.1	11:33	0.3			5:28	8:20	
5	Fri	6:15	4.0	6:37	5.1	12:17	0.3	12:16	0.4	5:28	8:21	
6	Sat	7:01	4.1	7:18	5.1	1:03	0.3	1:00	0.5	5:27	8:22	
7	Sun	7:44	4.1	7:58	5.1	1:48	0.2	1:43	0.6	5:27	8:22	
8	Mon	8:26	4.0	8:37	5.0	2:32	0.2	2:26	0.6	5:27	8:23	
9	Tue	9:08	4.0	9:16	4.8	3:12	0.2	3:07	0.7	5:27	8:23	
10	Wed	9:51	3.9	9:55	4.7	3:51	0.3	3:46	0.8	5:27	8:24	
11	Thu	10:35	3.9	10:35	4.5	4:27	0.4	4:24	1.0	5:27	8:24	
12	Fri	11:20	3.8	11:18	4.3	5:03	0.5	5:01	1.1	5:27	8:25	
13	Sat			12:05	3.9	5:39	0.6	5:43	1.2	5:27	8:25	
14	Sun	12:02	4.2	12:48	4.0	6:19	0.6	6:35	1.3	5:27	8:26	
15	Mon	12:47	4.1	1:30	4.1	7:04	0.7	7:40	1.3	5:27	8:26	
16	Tue	1:35	4.0	2:14	4.3	7:56	0.7	8:49	1.2	5:27	8:27	
17	Wed	2:26	3.9	3:03	4.6	8:51	0.6	9:53	0.9	5:27	8:27	
18	Thu	3:25	3.9	3:59	4.8	9:47	0.5	10:51	0.6	5:27	8:27	
19	Fri	4:31	3.9	4:59	5.1	10:42	0.3	11:46	0.3	5:27	8:27	
20	Sat	5:35	4.1	5:56	5.5	11:36	0.2			5:27	8:28	
21	Sun	6:33	4.3	6:51	5.7	12:41	0.0	12:32	0.0	5:27	8:28	
22	Mon	7:27	4.5	7:43	5.9	1:36	-0.2	1:29	-0.1	5:28	8:28	
23	Tue	8:21	4.7	8:36	5.9	2:30	-0.4	2:26	-0.2	5:28	8:28	
24	Wed	9:17	4.8	9:30	5.7	3:21	-0.6	3:22	-0.2	5:28	8:28	
25	Thu	10:14	4.9	10:26	5.5	4:10	-0.6	4:15	-0.1	5:29	8:29	
26	Fri	11:12	4.9	11:23	5.2	4:59	-0.5	5:08	0.1	5:29	8:29	
27	Sat			12:09	4.9	5:48	-0.3	6:05	0.3	5:29	8:29	
28	Sun	12:19	4.9	1:03	4.9	6:40	-0.1	7:07	0.6	5:30	8:29	
29	Mon	1:13	4.6	1:55	4.9	7:36	0.1	8:13	0.7	5:30	8:29	
30	Tue	2:06	4.3	2:46	4.9	8:31	0.3	9:16	0.8	5:31	8:28	