US HARBORS www.USHarbors.com

Seaside Park, NJ - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**4:26**	3.6	**4:56**	4.6	**10:37**	0.9	**11:28**	0.8	5:55	8:10	
2	Sun	**5:25**	3.7	**5:47**	4.7	**11:25**	0.9			5:56	8:08	
3	Mon	**6:15**	3.9	**6:33**	4.8	**12:13**	0.6	**12:11**	0.8	5:57	8:07	
4	Tue	**7:00**	4.0	**7:14**	4.9	**12:56**	0.5	**12:56**	0.7	5:58	8:06	
5	Wed	**7:40**	4.2	**7:51**	4.9	**1:38**	0.4	**1:40**	0.7	5:58	8:05	
6	Thu	**8:18**	4.3	**8:27**	4.9	**2:18**	0.3	**2:23**	0.6	5:59	8:04	
7	Fri	**8:54**	4.4	**9:01**	4.8	**2:55**	0.2	**3:03**	0.6	6:00	8:03	
8	Sat	**9:28**	4.4	**9:35**	4.7	**3:29**	0.2	**3:40**	0.7	6:01	8:02	
9	Sun	**10:01**	4.4	**10:10**	4.5	**4:01**	0.2	**4:16**	0.7	6:02	8:00	
10	Mon	**10:37**	4.5	**10:49**	4.3	**4:31**	0.3	**4:53**	0.8	6:03	7:59	
11	Tue	**11:18**	4.6	**11:37**	4.1	**5:02**	0.4	**5:35**	0.9	6:04	7:58	
12	Wed			**12:06**	4.7	**5:38**	0.5	**6:30**	1.0	6:05	7:56	
13	Thu	**12:31**	4.0	**1:00**	4.7	**6:24**	0.6	**7:43**	1.1	6:06	7:55	
14	Fri	**1:31**	3.9	**1:59**	4.8	**7:30**	0.7	**9:00**	1.0	6:07	7:54	
15	Sat	**2:35**	3.9	**3:03**	4.9	**8:47**	0.7	**10:08**	0.7	6:08	7:53	
16	Sun	**3:45**	4.0	**4:14**	5.1	**10:00**	0.5	**11:08**	0.4	6:09	7:51	
17	Mon	**4:57**	4.2	**5:22**	5.3	**11:05**	0.3			6:10	7:50	
18	Tue	**6:00**	4.6	**6:21**	5.6	**12:03**	0.1	**12:04**	0.0	6:11	7:48	
19	Wed	**6:56**	5.0	**7:14**	5.7	**12:56**	-0.3	**1:02**	-0.2	6:12	7:47	
20	Thu	**7:47**	5.3	**8:04**	5.8	**1:47**	-0.5	**1:57**	-0.3	6:13	7:46	
21	Fri	**8:37**	5.5	**8:53**	5.6	**2:35**	-0.6	**2:50**	-0.3	6:14	7:44	
22	Sat	**9:26**	5.5	**9:41**	5.3	**3:21**	-0.6	**3:40**	-0.2	6:15	7:43	
23	Sun	**10:16**	5.4	**10:31**	5.0	**4:04**	-0.4	**4:28**	0.0	6:16	7:41	
24	Mon	**11:07**	5.2	**11:23**	4.6	**4:47**	-0.1	**5:16**	0.3	6:16	7:40	
25	Tue	**11:58**	5.0			**5:29**	0.2	**6:07**	0.6	6:17	7:38	
26	Wed	**12:17**	4.3	**12:49**	4.8	**6:16**	0.6	**7:04**	0.9	6:18	7:37	
27	Thu	**1:10**	4.0	**1:39**	4.6	**7:09**	1.0	**8:08**	1.1	6:19	7:35	
28	Fri	**2:02**	3.8	**2:31**	4.5	**8:11**	1.2	**9:12**	1.2	6:20	7:34	
29	Sat	**2:57**	3.7	**3:25**	4.4	**9:13**	1.3	**10:09**	1.1	6:21	7:32	
30	Sun	**3:57**	3.7	**4:23**	4.4	**10:10**	1.2	**10:58**	0.9	6:22	7:31	
31	Mon	**4:56**	3.8	**5:18**	4.5	**11:01**	1.1	**11:42**	0.7	6:23	7:29	