US HARBORS www.USHarbors.com

Seaside Park, NJ - Jun 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:26	4.0	11:32	4.4	5:07	0.3	5:10	1.0	5:29	8:18	
2	Wed			12:15	3.9	5:48	0.5	5:56	1.2	5:29	8:19	
3	Thu	12:20	4.2	1:02	4.0	6:32	0.7	6:50	1.3	5:28	8:20	
4	Fri	1:07	4.0	1:46	4.0	7:20	0.8	7:53	1.4	5:28	8:20	
5	Sat	1:52	3.9	2:30	4.1	8:11	0.8	8:56	1.3	5:28	8:21	
6	Sun	2:39	3.8	3:16	4.2	9:02	0.8	9:53	1.1	5:27	8:22	
7	Mon	3:32	3.7	4:05	4.4	9:51	0.7	10:45	0.9	5:27	8:22	
8	Tue	4:29	3.8	4:55	4.7	10:38	0.6	11:35	0.6	5:27	8:23	
9	Wed	5:26	3.9	5:44	4.9	11:24	0.5			5:27	8:23	
10	Thu	6:17	4.0	6:29	5.2	12:23	0.4	12:11	0.4	5:27	8:24	
11	Fri	7:04	4.2	7:14	5.4	1:12	0.2	1:00	0.3	5:27	8:24	
12	Sat	7:51	4.3	7:59	5.6	2:02	-0.1	1:51	0.2	5:27	8:25	
13	Sun	8:39	4.4	8:47	5.6	2:50	-0.2	2:43	0.1	5:27	8:25	
14	Mon	9:31	4.5	9:38	5.5	3:37	-0.3	3:33	0.0	5:27	8:26	
15	Tue	10:25	4.6	10:33	5.3	4:23	-0.4	4:24	0.1	5:27	8:26	
16	Wed	11:23	4.7	11:31	5.1	5:10	-0.3	5:17	0.2	5:27	8:26	
17	Thu			12:20	4.8	6:00	-0.2	6:17	0.4	5:27	8:27	
18	Fri	12:29	4.9	1:16	4.9	6:55	-0.1	7:23	0.5	5:27	8:27	
19	Sat	1:25	4.7	2:10	5.0	7:53	0.1	8:32	0.6	5:27	8:27	
20	Sun	2:21	4.4	3:04	5.0	8:52	0.1	9:37	0.5	5:27	8:28	
21	Mon	3:20	4.2	4:02	5.1	9:48	0.2	10:36	0.4	5:27	8:28	
22	Tue	4:22	4.1	4:59	5.1	10:42	0.2	11:30	0.3	5:28	8:28	
23	Wed	5:23	4.1	5:53	5.2	11:32	0.3			5:28	8:28	
24	Thu	6:19	4.1	6:42	5.2	12:22	0.2	12:21	0.4	5:28	8:28	
25	Fri	7:08	4.2	7:26	5.2	1:11	0.2	1:10	0.4	5:28	8:28	
26	Sat	7:54	4.2	8:09	5.2	1:58	0.1	1:57	0.5	5:29	8:29	
27	Sun	8:39	4.2	8:51	5.0	2:42	0.1	2:42	0.5	5:29	8:29	
28	Mon	9:23	4.2	9:32	4.9	3:23	0.1	3:24	0.6	5:30	8:29	
29	Tue	10:07	4.1	10:14	4.7	4:01	0.2	4:04	0.7	5:30	8:29	
30	Wed	10:51	4.1	10:56	4.4	4:36	0.3	4:43	0.9	5:30	8:29	