US HARBORS www.USHarbors.com

Seaside Park, NJ - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:36	4.1	11:39	4.2	5:11	0.4	5:23	1.1	5:31	8:28	
2	Fri			12:19	4.1	5:47	0.5	6:07	1.2	5:31	8:28	
3	Sat	12:23	4.1	1:01	4.2	6:25	0.7	7:02	1.3	5:32	8:28	
4	Sun	1:07	3.9	1:41	4.2	7:10	0.8	8:06	1.3	5:33	8:28	
5	Mon	1:52	3.8	2:24	4.3	8:02	0.8	9:10	1.2	5:33	8:28	
6	Tue	2:43	3.7	3:12	4.5	8:58	0.8	10:09	1.0	5:34	8:27	
7	Wed	3:42	3.7	4:09	4.7	9:55	0.7	11:04	0.7	5:34	8:27	
8	Thu	4:47	3.8	5:08	5.0	10:50	0.6	11:56	0.4	5:35	8:27	
9	Fri	5:47	4.0	6:03	5.3	11:43	0.4			5:36	8:26	
10	Sat	6:40	4.2	6:54	5.5	12:48	0.1	12:38	0.2	5:36	8:26	
11	Sun	7:31	4.5	7:44	5.7	1:39	-0.1	1:33	0.0	5:37	8:26	
12	Mon	8:21	4.7	8:34	5.8	2:29	-0.4	2:28	-0.2	5:38	8:25	
13	Tue	9:13	4.9	9:25	5.7	3:17	-0.5	3:21	-0.2	5:38	8:25	
14	Wed	10:07	5.0	10:18	5.5	4:03	-0.6	4:12	-0.2	5:39	8:24	
15	Thu	11:02	5.1	11:14	5.2	4:49	-0.6	5:05	0.0	5:40	8:24	
16	Fri	11:59	5.2			5:36	-0.4	6:01	0.2	5:41	8:23	
17	Sat	12:10	4.9	12:54	5.1	6:27	-0.1	7:04	0.5	5:41	8:22	
18	Sun	1:06	4.6	1:47	5.1	7:24	0.1	8:11	0.6	5:42	8:22	
19	Mon	2:02	4.3	2:41	5.0	8:24	0.3	9:17	0.7	5:43	8:21	
20	Tue	2:59	4.0	3:38	4.9	9:24	0.5	10:17	0.6	5:44	8:20	
21	Wed	4:01	3.9	4:37	4.9	10:20	0.6	11:12	0.5	5:45	8:20	
22	Thu	5:04	3.9	5:33	4.9	11:13	0.6			5:46	8:19	
23	Fri	6:01	4.0	6:23	5.0	12:02	0.4	12:02	0.6	5:46	8:18	
24	Sat	6:50	4.1	7:07	5.0	12:49	0.4	12:49	0.6	5:47	8:17	
25	Sun	7:33	4.2	7:48	5.0	1:34	0.3	1:35	0.6	5:48	8:16	
26	Mon	8:15	4.3	8:27	5.0	2:15	0.2	2:19	0.6	5:49	8:16	
27	Tue	8:55	4.3	9:05	4.8	2:54	0.2	3:01	0.6	5:50	8:15	
28	Wed	9:34	4.3	9:42	4.7	3:30	0.2	3:40	0.7	5:51	8:14	
29	Thu	10:12	4.3	10:19	4.5	4:04	0.2	4:16	0.8	5:52	8:13	
30	Fri	10:50	4.3	10:57	4.2	4:35	0.4	4:53	0.9	5:53	8:12	
31	Sat	11:29	4.3	11:38	4.0	5:06	0.5	5:31	1.1	5:54	8:11	