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# Seaside Park, NJ - Jan 2019

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 3:26 | 4.4 | 3:46 | 3.7 | 9:53 | 0.1 | 10:04 | -0.2 | 7:17 | 4:41 | |
| 2 | Wed | 4:21 | 4.5 | 4:42 | 3.7 | 10:44 | -0.1 | 10:50 | -0.1 | 7:17 | 4:42 | |
| 3 | Thu | 5:10 | 4.6 | 5:31 | 3.8 | 11:32 | -0.2 | 11:35 | -0.1 | 7:18 | 4:43 | |
| 4 | Fri | 5:54 | 4.7 | 6:16 | 3.8 | | | 12:18 | -0.2 | 7:18 | 4:44 | |
| 5 | Sat | 6:35 | 4.7 | 6:58 | 3.8 | 12:19 | -0.1 | 1:02 | -0.3 | 7:18 | 4:45 | |
| 6 | Sun | 7:14 | 4.6 | 7:39 | 3.8 | 1:02 | -0.1 | 1:43 | -0.3 | 7:18 | 4:46 | |
| 7 | Mon | 7:53 | 4.5 | 8:19 | 3.7 | 1:43 | 0.0 | 2:22 | -0.3 | 7:17 | 4:47 | |
| 8 | Tue | 8:31 | 4.4 | 9:00 | 3.6 | 2:23 | 0.1 | 2:59 | -0.2 | 7:17 | 4:48 | |
| 9 | Wed | 9:10 | 4.2 | 9:42 | 3.5 | 3:00 | 0.2 | 3:34 | -0.1 | 7:17 | 4:49 | |
| 10 | Thu | 9:49 | 4.0 | 10:25 | 3.5 | 3:36 | 0.3 | 4:09 | 0.0 | 7:17 | 4:50 | |
| 11 | Fri | 10:30 | 3.8 | 11:08 | 3.5 | 4:12 | 0.5 | 4:45 | 0.1 | 7:17 | 4:51 | |
| 12 | Sat | 11:14 | 3.7 | 11:51 | 3.5 | 4:54 | 0.7 | 5:25 | 0.2 | 7:16 | 4:52 | |
| 13 | Sun | | | 12:01 | 3.5 | 5:48 | 0.8 | 6:14 | 0.3 | 7:16 | 4:53 | |
| 14 | Mon | 12:36 | 3.6 | 12:50 | 3.4 | 6:58 | 0.8 | 7:12 | 0.3 | 7:16 | 4:54 | |
| 15 | Tue | 1:23 | 3.8 | 1:46 | 3.4 | 8:09 | 0.6 | 8:12 | 0.2 | 7:15 | 4:55 | |
| 16 | Wed | 2:18 | 4.0 | 2:50 | 3.4 | 9:12 | 0.4 | 9:10 | 0.0 | 7:15 | 4:56 | |
| 17 | Thu | 3:20 | 4.3 | 3:56 | 3.6 | 10:10 | 0.0 | 10:06 | -0.2 | 7:15 | 4:57 | |
| 18 | Fri | 4:21 | 4.6 | 4:57 | 3.8 | 11:04 | -0.3 | 11:00 | -0.5 | 7:14 | 4:58 | |
| 19 | Sat | 5:17 | 5.0 | 5:51 | 4.1 | 11:57 | -0.6 | 11:55 | -0.7 | 7:14 | 4:59 | |
| 20 | Sun | 6:10 | 5.3 | 6:43 | 4.3 | | | 12:50 | -0.9 | 7:13 | 5:01 | |
| 21 | Mon | 7:01 | 5.4 | 7:35 | 4.5 | 12:50 | -0.9 | 1:41 | -1.1 | 7:13 | 5:02 | |
| 22 | Tue | 7:52 | 5.4 | 8:28 | 4.6 | 1:44 | -1.0 | 2:31 | -1.2 | 7:12 | 5:03 | |
| 23 | Wed | 8:44 | 5.3 | 9:23 | 4.6 | 2:36 | -1.0 | 3:18 | -1.2 | 7:11 | 5:04 | |
| 24 | Thu | 9:39 | 5.0 | 10:19 | 4.5 | 3:28 | -0.9 | 4:06 | -1.1 | 7:11 | 5:05 | |
| 25 | Fri | 10:35 | 4.7 | 11:16 | 4.5 | 4:20 | -0.6 | 4:56 | -0.8 | 7:10 | 5:06 | |
| 26 | Sat | 11:31 | 4.3 | | | 5:17 | -0.3 | 5:50 | -0.5 | 7:09 | 5:08 | |
| 27 | Sun | 12:11 | 4.4 | 12:26 | 4.0 | 6:20 | 0.0 | 6:48 | -0.2 | 7:08 | 5:09 | |
| 28 | Mon | 1:04 | 4.3 | 1:20 | 3.7 | 7:27 | 0.2 | 7:48 | 0.0 | 7:08 | 5:10 | |
| 29 | Tue | 1:58 | 4.2 | 2:18 | 3.5 | 8:32 | 0.2 | 8:45 | 0.1 | 7:07 | 5:11 | |
| 30 | Wed | 2:55 | 4.1 | 3:19 | 3.4 | 9:30 | 0.2 | 9:38 | 0.1 | 7:06 | 5:12 | |
| 31 | Thu | 3:53 | 4.1 | 4:19 | 3.4 | 10:22 | 0.1 | 10:27 | 0.1 | 7:05 | 5:14 | |