US HARBORS www.USHarbors.com

Seaside Park, NJ - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:35	3.7			5:10	0.8	5:44	0.3	7:17	4:41	
2	Thu	12:13	3.5	12:21	3.6	6:08	0.9	6:34	0.4	7:17	4:42	
3	Fri	12:58	3.5	1:08	3.4	7:13	1.0	7:28	0.5	7:18	4:43	
4	Sat	1:43	3.6	1:58	3.3	8:16	0.9	8:20	0.4	7:18	4:44	
5	Sun	2:32	3.8	2:54	3.3	9:12	0.7	9:10	0.3	7:18	4:45	
6	Mon	3:24	3.9	3:52	3.3	10:04	0.4	9:57	0.2	7:18	4:46	
7	Tue	4:16	4.2	4:46	3.5	10:52	0.1	10:44	0.0	7:17	4:46	
8	Wed	5:03	4.5	5:35	3.7	11:40	-0.1	11:31	-0.2	7:17	4:47	
9	Thu	5:48	4.8	6:20	3.8			12:28	-0.4	7:17	4:48	
10	Fri	6:31	5.0	7:05	4.0	12:20	-0.3	1:16	-0.6	7:17	4:49	
11	Sat	7:16	5.1	7:52	4.1	1:09	-0.5	2:03	-0.8	7:17	4:50	
12	Sun	8:03	5.1	8:42	4.2	1:59	-0.6	2:48	-0.9	7:17	4:51	
13	Mon	8:53	5.0	9:35	4.2	2:47	-0.6	3:33	-0.8	7:16	4:53	
14	Tue	9:47	4.8	10:31	4.3	3:36	-0.5	4:19	-0.8	7:16	4:54	
15	Wed	10:44	4.6	11:29	4.3	4:29	-0.4	5:09	-0.6	7:16	4:55	
16	Thu	11:41	4.3			5:30	-0.1	6:06	-0.4	7:15	4:56	
17	Fri	12:25	4.4	12:39	4.1	6:38	0.0	7:07	-0.3	7:15	4:57	
18	Sat	1:21	4.4	1:37	3.8	7:48	0.1	8:08	-0.2	7:14	4:58	
19	Sun	2:19	4.4	2:39	3.6	8:54	0.0	9:07	-0.2	7:14	4:59	
20	Mon	3:20	4.4	3:44	3.6	9:54	-0.1	10:02	-0.2	7:13	5:00	
21	Tue	4:20	4.5	4:45	3.6	10:48	-0.2	10:53	-0.2	7:13	5:01	
22	Wed	5:13	4.6	5:38	3.7	11:39	-0.3	11:43	-0.2	7:12	5:03	
23	Thu	6:01	4.7	6:26	3.8			12:27	-0.4	7:11	5:04	
24	Fri	6:45	4.7	7:10	3.9	12:30	-0.2	1:13	-0.5	7:11	5:05	
25	Sat	7:26	4.6	7:52	3.9	1:16	-0.2	1:55	-0.5	7:10	5:06	
26	Sun	8:07	4.5	8:34	3.8	1:59	-0.2	2:33	-0.5	7:09	5:07	
27	Mon	8:47	4.3	9:15	3.7	2:39	-0.1	3:09	-0.4	7:09	5:08	
28	Tue	9:28	4.1	9:57	3.7	3:16	0.1	3:43	-0.2	7:08	5:10	
29	Wed	10:09	3.9	10:40	3.6	3:54	0.2	4:17	-0.1	7:07	5:11	
30	Thu	10:51	3.6	11:22	3.6	4:32	0.4	4:52	0.1	7:06	5:12	
31	Fri	11:35	3.4			5:17	0.6	5:32	0.3	7:05	5:13	