US HARBORS www.USHarbors.com

Seaside Park, NJ - Jan 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:37	5.3	6:05	4.2			12:11	-0.7	7:17	4:42	
2	Sun	6:30	5.5	6:59	4.3	12:13	-0.7	1:06	-0.9	7:17	4:42	
3	Mon	7:22	5.5	7:53	4.3	1:09	-0.7	1:59	-1.0	7:18	4:43	
4	Tue	8:15	5.3	8:48	4.3	2:04	-0.7	2:48	-1.0	7:18	4:44	
5	Wed	9:08	5.1	9:44	4.2	2:55	-0.6	3:36	-0.9	7:18	4:45	
6	Thu	10:02	4.8	10:40	4.1	3:45	-0.3	4:23	-0.7	7:17	4:46	
7	Fri	10:56	4.5	11:34	4.0	4:37	0.0	5:11	-0.4	7:17	4:47	
8	Sat	11:48	4.1			5:33	0.3	6:02	-0.1	7:17	4:48	
9	Sun	12:25	4.0	12:38	3.8	6:35	0.5	6:55	0.1	7:17	4:49	
10	Mon	1:13	3.9	1:28	3.6	7:39	0.6	7:48	0.2	7:17	4:50	
11	Tue	2:02	3.9	2:20	3.3	8:39	0.6	8:38	0.3	7:17	4:51	
12	Wed	2:53	3.9	3:17	3.2	9:33	0.5	9:26	0.3	7:16	4:52	
13	Thu	3:46	4.0	4:14	3.2	10:22	0.3	10:11	0.3	7:16	4:53	
14	Fri	4:37	4.1	5:05	3.3	11:07	0.2	10:56	0.2	7:16	4:54	
15	Sat	5:22	4.2	5:50	3.5	11:52	0.0	11:40	0.1	7:15	4:55	
16	Sun	6:02	4.3	6:32	3.5			12:36	-0.1	7:15	4:56	
17	Mon	6:40	4.4	7:12	3.6	12:24	0.1	1:18	-0.2	7:14	4:57	
18	Tue	7:16	4.4	7:50	3.6	1:07	0.0	1:58	-0.3	7:14	4:59	
19	Wed	7:51	4.4	8:28	3.6	1:49	0.0	2:35	-0.3	7:13	5:00	
20	Thu	8:26	4.4	9:06	3.6	2:27	0.0	3:09	-0.3	7:13	5:01	
21	Fri	9:03	4.3	9:47	3.7	3:05	0.0	3:43	-0.3	7:12	5:02	
22	Sat	9:44	4.1	10:32	3.8	3:44	0.1	4:17	-0.2	7:12	5:03	
23	Sun	10:33	4.0	11:21	3.9	4:27	0.2	4:55	-0.1	7:11	5:04	
24	Mon	11:27	3.8			5:21	0.3	5:43	0.0	7:10	5:06	
25	Tue	12:14	4.1	12:25	3.6	6:32	0.3	6:45	0.0	7:10	5:07	
26	Wed	1:09	4.2	1:26	3.5	7:48	0.3	7:55	0.0	7:09	5:08	
27	Thu	2:11	4.3	2:35	3.4	8:59	0.1	9:03	-0.1	7:08	5:09	
28	Fri	3:19	4.5	3:49	3.5	10:03	-0.2	10:05	-0.3	7:07	5:10	
29	Sat	4:26	4.8	4:56	3.8	11:01	-0.5	11:05	-0.5	7:06	5:11	
30	Sun	5:25	5.0	5:54	4.0	11:57	-0.7			7:06	5:13	
31	Mon	6:19	5.2	6:47	4.2	12:02	-0.7	12:50	-0.9	7:05	5:14	