US HARBORS www.USHarbors.com

Seaside Park, NJ - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:22	4.4	1:05	4.4	6:39	0.5	6:59	1.1	5:31	8:28	
2	Wed	1:09	4.1	1:50	4.4	7:27	0.7	7:59	1.2	5:32	8:28	
3	Thu	1:55	3.9	2:35	4.4	8:15	0.8	8:59	1.2	5:32	8:28	
4	Fri	2:42	3.7	3:21	4.4	9:04	0.9	9:54	1.1	5:33	8:28	
5	Sat	3:34	3.6	4:11	4.5	9:52	0.9	10:45	1.0	5:33	8:28	
6	Sun	4:31	3.5	5:02	4.6	10:39	0.9	11:33	0.8	5:34	8:27	
7	Mon	5:28	3.6	5:50	4.7	11:25	0.9			5:35	8:27	
8	Tue	6:18	3.7	6:34	4.9	12:20	0.6	12:10	0.8	5:35	8:27	
9	Wed	7:03	3.8	7:15	5.0	1:06	0.5	12:56	0.7	5:36	8:26	
10	Thu	7:45	3.9	7:54	5.1	1:52	0.3	1:43	0.7	5:37	8:26	
11	Fri	8:26	4.0	8:34	5.1	2:35	0.2	2:28	0.6	5:37	8:26	
12	Sat	9:07	4.1	9:14	5.1	3:16	0.1	3:12	0.5	5:38	8:25	
13	Sun	9:49	4.2	9:58	5.1	3:55	0.0	3:55	0.5	5:39	8:25	
14	Mon	10:36	4.4	10:45	4.9	4:33	0.0	4:39	0.5	5:39	8:24	
15	Tue	11:26	4.5	11:37	4.7	5:12	0.0	5:28	0.6	5:40	8:23	
16	Wed			12:18	4.7	5:55	0.1	6:25	0.7	5:41	8:23	
17	Thu	12:32	4.5	1:11	4.9	6:44	0.2	7:34	0.8	5:42	8:22	
18	Fri	1:28	4.3	2:05	5.0	7:41	0.3	8:46	0.8	5:43	8:22	
19	Sat	2:26	4.2	3:02	5.1	8:45	0.3	9:54	0.6	5:43	8:21	
20	Sun	3:31	4.0	4:06	5.1	9:48	0.3	10:56	0.4	5:44	8:20	
21	Mon	4:40	4.0	5:11	5.2	10:49	0.3	11:54	0.2	5:45	8:19	
22	Tue	5:46	4.2	6:11	5.4	11:47	0.2			5:46	8:19	
23	Wed	6:44	4.4	7:04	5.4	12:49	0.1	12:44	0.2	5:47	8:18	
24	Thu	7:37	4.5	7:54	5.4	1:42	-0.1	1:38	0.2	5:48	8:17	
25	Fri	8:27	4.6	8:40	5.3	2:31	-0.2	2:30	0.2	5:49	8:16	
26	Sat	9:16	4.6	9:26	5.2	3:17	-0.2	3:18	0.3	5:49	8:15	
27	Sun	10:03	4.6	10:11	4.9	3:58	-0.1	4:03	0.4	5:50	8:14	
28	Mon	10:50	4.6	10:56	4.6	4:36	0.0	4:45	0.6	5:51	8:13	
29	Tue	11:37	4.5	11:42	4.3	5:13	0.3	5:29	0.8	5:52	8:12	
30	Wed			12:22	4.5	5:50	0.5	6:16	1.0	5:53	8:11	
31	Thu	12:28	4.0	1:06	4.4	6:29	0.8	7:10	1.2	5:54	8:10	