US HARBORS www.USHarbors.com

Seaside Park, NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:48	4.2	8:05	5.1	1:51	0.0	1:54	0.2	5:55	7:50	
2	Sat	8:27	4.1	8:41	5.0	2:33	0.0	2:31	0.4	5:54	7:51	
3	Sun	9:06	4.0	9:16	4.8	3:12	0.1	3:08	0.5	5:53	7:52	
4	Mon	9:46	3.8	9:53	4.6	3:50	0.2	3:43	0.7	5:52	7:53	
5	Tue	10:29	3.7	10:32	4.4	4:27	0.4	4:17	0.9	5:51	7:54	
6	Wed	11:15	3.6	11:15	4.2	5:05	0.5	4:52	1.0	5:50	7:55	
7	Thu			12:06	3.5	5:46	0.7	5:31	1.2	5:48	7:56	
8	Fri	12:05	4.1	12:56	3.5	6:34	0.8	6:25	1.3	5:47	7:57	
9	Sat	12:56	4.1	1:44	3.6	7:32	0.9	7:40	1.4	5:46	7:58	
10	Sun	1:49	4.1	2:33	3.8	8:31	0.8	8:54	1.2	5:45	7:59	
11	Mon	2:43	4.1	3:26	4.1	9:26	0.6	9:58	0.9	5:44	8:00	
12	Tue	3:43	4.1	4:22	4.5	10:16	0.4	10:55	0.6	5:43	8:01	
13	Wed	4:45	4.2	5:16	4.9	11:04	0.2	11:48	0.2	5:42	8:02	
14	Thu	5:43	4.4	6:07	5.3	11:51	0.0			5:41	8:03	
15	Fri	6:36	4.5	6:55	5.7	12:41	-0.1	12:40	-0.2	5:40	8:04	
16	Sat	7:27	4.6	7:44	5.8	1:35	-0.3	1:32	-0.3	5:39	8:05	
17	Sun	8:19	4.7	8:34	5.8	2:29	-0.5	2:25	-0.3	5:39	8:06	
18	Mon	9:13	4.6	9:28	5.7	3:21	-0.5	3:18	-0.2	5:38	8:07	
19	Tue	10:11	4.5	10:26	5.5	4:13	-0.5	4:10	0.0	5:37	8:08	
20	Wed	11:13	4.4	11:27	5.2	5:04	-0.3	5:05	0.2	5:36	8:09	
21	Thu			12:15	4.4	5:59	-0.1	6:04	0.5	5:35	8:09	
22	Fri	12:28	4.9	1:14	4.4	6:59	0.1	7:11	0.7	5:35	8:10	
23	Sat	1:25	4.7	2:09	4.5	8:00	0.2	8:20	0.8	5:34	8:11	
24	Sun	2:20	4.4	3:03	4.5	8:58	0.3	9:24	0.8	5:33	8:12	
25	Mon	3:15	4.2	3:57	4.6	9:49	0.3	10:21	0.7	5:33	8:13	
26	Tue	4:11	4.1	4:49	4.7	10:36	0.4	11:12	0.6	5:32	8:14	
27	Wed	5:06	4.0	5:37	4.9	11:19	0.4	11:58	0.5	5:31	8:15	
28	Thu	5:56	4.0	6:20	5.0	11:59	0.5			5:31	8:15	
29	Fri	6:41	4.0	7:00	5.1	12:42	0.4	12:39	0.5	5:30	8:16	
30	Sat	7:23	4.0	7:37	5.1	1:26	0.3	1:20	0.6	5:30	8:17	
31	Sun	8:04	4.0	8:14	5.0	2:09	0.3	2:02	0.6	5:29	8:18	