US HARBORS www.USHarbors.com

Seaside Park, NJ - Jun 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:44**	3.9	**8:51**	4.9	**2:50**	0.3	**2:42**	0.7	5:29	8:18	
2	Tue	**9:24**	3.8	**9:28**	4.7	**3:30**	0.3	**3:21**	0.8	5:29	8:19	
3	Wed	**10:06**	3.8	**10:05**	4.6	**4:07**	0.4	**3:58**	0.9	5:28	8:20	
4	Thu	**10:50**	3.7	**10:46**	4.5	**4:44**	0.4	**4:34**	1.0	5:28	8:20	
5	Fri	**11:36**	3.7	**11:31**	4.3	**5:21**	0.5	**5:12**	1.1	5:28	8:21	
6	Sat			**12:23**	3.8	**6:01**	0.6	**5:59**	1.2	5:27	8:22	
7	Sun	**12:21**	4.3	**1:08**	4.0	**6:46**	0.6	**7:02**	1.3	5:27	8:22	
8	Mon	**1:11**	4.2	**1:55**	4.2	**7:39**	0.6	**8:16**	1.2	5:27	8:23	
9	Tue	**2:04**	4.2	**2:45**	4.5	**8:35**	0.5	**9:25**	0.9	5:27	8:23	
10	Wed	**3:02**	4.1	**3:40**	4.8	**9:31**	0.4	**10:27**	0.6	5:27	8:24	
11	Thu	**4:07**	4.1	**4:40**	5.2	**10:25**	0.2	**11:25**	0.3	5:27	8:24	
12	Fri	**5:12**	4.2	**5:39**	5.5	**11:19**	0.1			5:27	8:25	
13	Sat	**6:13**	4.4	**6:35**	5.7	**12:21**	0.0	**12:14**	-0.1	5:27	8:25	
14	Sun	**7:10**	4.5	**7:28**	5.9	**1:18**	-0.2	**1:11**	-0.2	5:27	8:26	
15	Mon	**8:05**	4.6	**8:21**	5.9	**2:14**	-0.4	**2:09**	-0.2	5:27	8:26	
16	Tue	**9:01**	4.7	**9:16**	5.7	**3:07**	-0.5	**3:05**	-0.2	5:27	8:27	
17	Wed	**9:58**	4.7	**10:12**	5.5	**3:58**	-0.5	**3:59**	0.0	5:27	8:27	
18	Thu	**10:57**	4.7	**11:09**	5.2	**4:48**	-0.4	**4:52**	0.2	5:27	8:27	
19	Fri	**11:55**	4.7			**5:37**	-0.2	**5:47**	0.4	5:27	8:27	
20	Sat	**12:06**	4.9	**12:50**	4.7	**6:29**	0.0	**6:46**	0.7	5:27	8:28	
21	Sun	**12:59**	4.6	**1:42**	4.7	**7:23**	0.2	**7:50**	0.9	5:27	8:28	
22	Mon	**1:50**	4.3	**2:31**	4.7	**8:17**	0.4	**8:53**	0.9	5:28	8:28	
23	Tue	**2:40**	4.1	**3:20**	4.6	**9:08**	0.5	**9:51**	0.9	5:28	8:28	
24	Wed	**3:33**	3.8	**4:11**	4.7	**9:56**	0.6	**10:43**	0.8	5:28	8:28	
25	Thu	**4:29**	3.7	**5:01**	4.7	**10:41**	0.7	**11:30**	0.7	5:29	8:29	
26	Fri	**5:24**	3.7	**5:49**	4.8	**11:25**	0.7			5:29	8:29	
27	Sat	**6:14**	3.8	**6:33**	4.9	**12:16**	0.6	**12:08**	0.7	5:29	8:29	
28	Sun	**6:59**	3.8	**7:14**	4.9	**1:01**	0.5	**12:52**	0.7	5:30	8:29	
29	Mon	**7:42**	3.9	**7:52**	4.9	**1:45**	0.4	**1:37**	0.7	5:30	8:29	
30	Tue	**8:22**	3.9	**8:30**	4.9	**2:28**	0.3	**2:20**	0.8	5:31	8:29	