US HARBORS www.USHarbors.com

Seaside Park, NJ - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:53	5.0	5:29	3.9	11:36	-0.4	11:29	-0.5	7:17	4:42	
2	Mon	5:48	5.2	6:22	4.1			12:31	-0.7	7:17	4:43	
3	Tue	6:41	5.4	7:15	4.3	12:25	-0.7	1:24	-0.9	7:17	4:44	
4	Wed	7:32	5.4	8:08	4.4	1:21	-0.8	2:14	-1.1	7:17	4:44	
5	Thu	8:25	5.3	9:03	4.5	2:15	-0.8	3:02	-1.1	7:17	4:45	
6	Fri	9:18	5.1	9:59	4.5	3:07	-0.7	3:49	-1.0	7:17	4:46	
7	Sat	10:13	4.8	10:55	4.5	3:59	-0.5	4:36	-0.8	7:17	4:47	
8	Sun	11:08	4.4	11:50	4.4	4:53	-0.2	5:27	-0.5	7:17	4:48	
9	Mon			12:02	4.1	5:53	0.1	6:21	-0.2	7:17	4:49	
10	Tue	12:42	4.3	12:55	3.7	6:59	0.3	7:18	0.0	7:17	4:50	
11	Wed	1:34	4.2	1:49	3.4	8:05	0.4	8:15	0.2	7:16	4:51	
12	Thu	2:27	4.1	2:48	3.2	9:05	0.4	9:09	0.3	7:16	4:52	
13	Fri	3:24	4.1	3:49	3.2	9:59	0.3	9:59	0.3	7:16	4:53	
14	Sat	4:20	4.1	4:46	3.2	10:48	0.2	10:46	0.3	7:16	4:55	
15	Sun	5:09	4.2	5:35	3.4	11:34	0.1	11:31	0.2	7:15	4:56	
16	Mon	5:53	4.3	6:18	3.5			12:18	-0.1	7:15	4:57	
17	Tue	6:34	4.4	6:58	3.6	12:16	0.1	1:00	-0.2	7:14	4:58	
18	Wed	7:12	4.4	7:37	3.6	12:59	0.1	1:40	-0.2	7:14	4:59	
19	Thu	7:48	4.3	8:14	3.7	1:41	0.1	2:17	-0.3	7:13	5:00	
20	Fri	8:22	4.2	8:50	3.6	2:19	0.1	2:50	-0.3	7:13	5:01	
21	Sat	8:56	4.1	9:24	3.6	2:55	0.1	3:22	-0.2	7:12	5:02	
22	Sun	9:31	3.9	10:00	3.7	3:29	0.2	3:51	-0.1	7:11	5:04	
23	Mon	10:09	3.7	10:40	3.7	4:04	0.3	4:22	0.0	7:11	5:05	
24	Tue	10:54	3.6	11:25	3.8	4:45	0.5	4:57	0.1	7:10	5:06	
25	Wed	11:45	3.4			5:40	0.6	5:43	0.2	7:09	5:07	
26	Thu	12:15	4.0	12:42	3.3	6:55	0.6	6:47	0.2	7:09	5:08	
27	Fri	1:11	4.1	1:45	3.2	8:13	0.5	8:02	0.2	7:08	5:10	
28	Sat	2:16	4.2	2:58	3.3	9:22	0.2	9:12	0.0	7:07	5:11	
29	Sun	3:28	4.4	4:11	3.5	10:22	-0.1	10:16	-0.3	7:06	5:12	
30	Mon	4:36	4.7	5:13	3.8	11:18	-0.5	11:15	-0.6	7:05	5:13	
31	Tue	5:35	5.0	6:08	4.2			12:12	-0.8	7:04	5:14	