US HARBORS www.USHarbors.com

Seaside Park, NJ - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:30	4.0	9:37	4.7	3:31	0.3	3:29	0.8	5:31	8:28	
2	Sun	10:13	4.0	10:17	4.6	4:07	0.3	4:08	0.9	5:32	8:28	
3	Mon	10:56	4.0	10:57	4.4	4:42	0.4	4:45	1.0	5:32	8:28	
4	Tue	11:39	4.0	11:38	4.2	5:15	0.5	5:24	1.1	5:33	8:28	
5	Wed			12:21	4.1	5:50	0.6	6:08	1.3	5:34	8:28	
6	Thu	12:21	4.0	1:01	4.2	6:27	0.7	7:04	1.3	5:34	8:27	
7	Fri	1:06	3.9	1:41	4.3	7:12	0.8	8:11	1.3	5:35	8:27	
8	Sat	1:54	3.8	2:26	4.5	8:06	0.8	9:18	1.2	5:35	8:27	
9	Sun	2:48	3.7	3:19	4.7	9:05	0.8	10:20	0.9	5:36	8:26	
10	Mon	3:52	3.7	4:20	4.9	10:04	0.6	11:16	0.6	5:37	8:26	
11	Tue	5:00	3.8	5:22	5.2	11:02	0.5			5:37	8:26	
12	Wed	6:02	4.1	6:19	5.5	12:11	0.3	11:58 AM	0.3	5:38	8:25	
13	Thu	6:57	4.3	7:13	5.7	1:05	0.0	12:56	0.1	5:39	8:25	
14	Fri	7:50	4.6	8:05	5.8	1:58	-0.3	1:53	-0.1	5:40	8:24	
15	Sat	8:43	4.8	8:57	5.8	2:49	-0.5	2:49	-0.2	5:40	8:23	
16	Sun	9:37	5.0	9:50	5.6	3:37	-0.6	3:43	-0.2	5:41	8:23	
17	Mon	10:32	5.1	10:44	5.4	4:24	-0.6	4:35	-0.1	5:42	8:22	
18	Tue	11:28	5.1	11:40	5.0	5:10	-0.5	5:28	0.1	5:43	8:22	
19	Wed			12:23	5.1	5:58	-0.3	6:26	0.4	5:44	8:21	
20	Thu	12:35	4.7	1:16	5.1	6:50	0.0	7:30	0.6	5:44	8:20	
21	Fri	1:29	4.4	2:08	5.0	7:46	0.3	8:36	0.8	5:45	8:19	
22	Sat	2:23	4.1	3:00	4.9	8:45	0.5	9:39	0.8	5:46	8:19	
23	Sun	3:20	3.8	3:56	4.8	9:41	0.7	10:37	0.7	5:47	8:18	
24	Mon	4:22	3.7	4:54	4.8	10:35	0.8	11:28	0.7	5:48	8:17	
25	Tue	5:22	3.8	5:47	4.8	11:25	0.8			5:49	8:16	
26	Wed	6:15	3.9	6:34	4.9	12:16	0.6	12:12	0.8	5:50	8:15	
27	Thu	7:01	4.0	7:16	4.9	1:01	0.5	12:58	0.7	5:51	8:14	
28	Fri	7:43	4.1	7:56	4.9	1:44	0.4	1:43	0.7	5:51	8:13	
29	Sat	8:23	4.2	8:33	4.9	2:24	0.3	2:26	0.7	5:52	8:12	
30	Sun	9:02	4.2	9:10	4.8	3:02	0.2	3:07	0.7	5:53	8:11	
31	Mon	9:39	4.3	9:45	4.6	3:37	0.3	3:44	0.7	5:54	8:10	