

































## Seven Island, Newmans Thorofare, NJ - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:12	4.3	8:47	3.5	2:00	-0.6	2:53	-0.8	7:17	4:44	
2	Sat	9:03	4.3	9:41	3.6	2:54	-0.7	3:41	-0.9	7:17	4:45	
3	Sun	9:55	4.1	10:36	3.6	3:46	-0.6	4:28	-0.8	7:17	4:45	
4	Mon	10:50	3.9	11:33	3.6	4:37	-0.5	5:15	-0.7	7:17	4:46	
5	Tue	11:46	3.7			5:31	-0.3	6:05	-0.5	7:17	4:47	
6	Wed	12:29	3.6	12:43	3.4	6:30	-0.1	7:00	-0.3	7:17	4:48	
7	Thu	1:24	3.5	1:38	3.1	7:35	0.1	7:59	-0.1	7:17	4:49	
8	Fri	2:18	3.5	2:33	2.9	8:43	0.2	8:58	0.0	7:17	4:50	
9	Sat	3:13	3.4	3:32	2.7	9:47	0.2	9:56	0.1	7:17	4:51	
10	Sun	4:11	3.4	4:35	2.7	10:44	0.2	10:48	0.1	7:17	4:52	
11	Mon	5:08	3.4	5:34	2.7	11:36	0.1	11:37	0.1	7:17	4:53	
12	Tue	6:00	3.4	6:26	2.8			12:23	0.0	7:16	4:54	
13	Wed	6:46	3.5	7:11	2.9	12:24	0.1	1:08	-0.1	7:16	4:55	
14	Thu	7:28	3.6	7:52	2.9	1:09	0.0	1:51	-0.2	7:16	4:56	
15	Fri	8:07	3.6	8:31	3.0	1:53	0.0	2:32	-0.2	7:15	4:57	
16	Sat	8:44	3.5	9:10	3.0	2:34	0.0	3:09	-0.3	7:15	4:58	
17	Sun	9:21	3.4	9:47	3.0	3:14	0.0	3:44	-0.2	7:15	4:59	
18	Mon	9:56	3.3	10:24	2.9	3:50	0.1	4:16	-0.2	7:14	5:01	
19	Tue	10:31	3.1	11:00	2.9	4:25	0.2	4:47	-0.1	7:14	5:02	
20	Wed	11:08	3.0	11:38	2.9	5:00	0.3	5:17	0.0	7:13	5:03	
21	Thu	11:50	2.8			5:38	0.4	5:50	0.1	7:12	5:04	
22	Fri	12:20	3.0	12:37	2.7	6:27	0.5	6:32	0.2	7:12	5:05	
23	Sat	1:06	3.0	1:30	2.6	7:35	0.5	7:30	0.2	7:11	5:06	
24	Sun	1:57	3.1	2:28	2.5	8:52	0.5	8:41	0.2	7:11	5:07	
25	Mon	2:57	3.2	3:36	2.6	10:01	0.3	9:51	0.1	7:10	5:09	
26	Tue	4:05	3.4	4:48	2.7	11:01	0.0	10:54	-0.1	7:09	5:10	
27	Wed	5:13	3.6	5:52	3.0	11:57	-0.3	11:53	-0.4	7:08	5:11	
28	Thu	6:13	3.9	6:48	3.3			12:50	-0.5	7:08	5:12	
29	Fri	7:07	4.1	7:40	3.5	12:50	-0.6	1:42	-0.8	7:07	5:13	
30	Sat	7:58	4.2	8:31	3.7	1:46	-0.8	2:31	-1.0	7:06	5:14	
31	Sun	8:48	4.2	9:21	3.8	2:40	-0.9	3:19	-1.1	7:05	5:16	