






























Seven Island, Newmans Thorofare, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:40	3.0			5:18	0.5	5:57	0.2	7:17	4:43	
2	Tue	12:30	2.8	12:24	2.8	6:04	0.6	6:39	0.3	7:17	4:44	
3	Wed	1:14	2.8	1:09	2.7	6:59	0.7	7:26	0.4	7:17	4:45	
4	Thu	1:57	2.9	1:55	2.6	8:04	0.7	8:19	0.4	7:17	4:46	
5	Fri	2:41	2.9	2:45	2.5	9:09	0.7	9:13	0.4	7:17	4:47	
6	Sat	3:30	3.1	3:44	2.5	10:09	0.5	10:06	0.3	7:17	4:48	
7	Sun	4:25	3.2	4:48	2.5	11:03	0.3	10:57	0.2	7:17	4:49	
8	Mon	5:20	3.5	5:47	2.7	11:54	0.0	11:48	0.0	7:17	4:50	
9	Tue	6:12	3.7	6:39	2.9			12:45	-0.2	7:17	4:51	
10	Wed	7:00	3.9	7:28	3.0	12:39	-0.1	1:36	-0.4	7:17	4:52	
11	Thu	7:48	4.1	8:16	3.2	1:31	-0.3	2:25	-0.6	7:17	4:53	
12	Fri	8:36	4.2	9:06	3.3	2:24	-0.4	3:13	-0.7	7:16	4:54	
13	Sat	9:26	4.1	9:58	3.4	3:15	-0.5	3:59	-0.8	7:16	4:55	
14	Sun	10:18	4.0	10:53	3.4	4:06	-0.5	4:44	-0.8	7:16	4:56	
15	Mon	11:12	3.8	11:50	3.5	4:57	-0.4	5:30	-0.7	7:15	4:57	
16	Tue			12:08	3.5	5:52	-0.2	6:21	-0.5	7:15	4:58	
17	Wed	12:46	3.5	1:04	3.3	6:55	0.0	7:16	-0.3	7:15	4:59	
18	Thu	1:41	3.4	2:00	3.0	8:05	0.1	8:16	-0.1	7:14	5:00	
19	Fri	2:36	3.4	2:58	2.8	9:14	0.2	9:17	0.0	7:14	5:01	
20	Sat	3:34	3.4	4:01	2.7	10:18	0.1	10:15	0.0	7:13	5:02	
21	Sun	4:35	3.3	5:06	2.7	11:15	0.0	11:09	0.0	7:13	5:03	
22	Mon	5:35	3.4	6:04	2.7			12:07	0.0	7:12	5:05	
23	Tue	6:26	3.4	6:54	2.8			12:56	-0.1	7:11	5:06	
24	Wed	7:11	3.5	7:39	2.9	12:48	0.0	1:42	-0.2	7:11	5:07	
25	Thu	7:53	3.5	8:21	3.0	1:34	0.0	2:24	-0.2	7:10	5:08	
26	Fri	8:32	3.5	9:02	3.0	2:18	-0.1	3:03	-0.3	7:09	5:09	
27	Sat	9:09	3.4	9:42	3.0	2:59	0.0	3:39	-0.2	7:09	5:10	
28	Sun	9:46	3.3	10:21	3.0	3:38	0.0	4:12	-0.2	7:08	5:12	
29	Mon	10:21	3.1	11:01	2.9	4:14	0.1	4:43	-0.1	7:07	5:13	
30	Tue	10:58	3.0	11:40	2.9	4:50	0.2	5:13	0.0	7:06	5:14	
31	Wed	11:36	2.8			5:27	0.3	5:43	0.1	7:05	5:15	