

































Seven Island, Newmans Thorofare, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:58	4.0	6:32	3.2			12:36	-0.4	7:17	4:44	
2	Fri	6:54	4.2	7:27	3.3	12:31	-0.4	1:31	-0.6	7:17	4:45	
3	Sat	7:47	4.2	8:20	3.4	1:28	-0.5	2:24	-0.7	7:17	4:46	
4	Sun	8:38	4.2	9:12	3.4	2:23	-0.5	3:14	-0.7	7:17	4:46	
5	Mon	9:28	4.0	10:05	3.4	3:15	-0.5	4:01	-0.7	7:17	4:47	
6	Tue	10:18	3.8	10:57	3.4	4:04	-0.4	4:45	-0.6	7:17	4:48	
7	Wed	11:09	3.6	11:50	3.3	4:51	-0.2	5:29	-0.4	7:17	4:49	
8	Thu	11:59	3.3			5:40	0.1	6:13	-0.2	7:17	4:50	
9	Fri	12:40	3.2	12:48	3.0	6:33	0.3	7:00	0.1	7:17	4:51	
10	Sat	1:27	3.1	1:36	2.8	7:31	0.5	7:51	0.2	7:17	4:52	
11	Sun	2:14	3.1	2:25	2.6	8:34	0.5	8:43	0.4	7:17	4:53	
12	Mon	3:01	3.1	3:17	2.5	9:34	0.5	9:36	0.4	7:16	4:54	
13	Tue	3:54	3.1	4:16	2.4	10:28	0.4	10:26	0.4	7:16	4:55	
14	Wed	4:49	3.1	5:15	2.4	11:18	0.3	11:14	0.3	7:16	4:56	
15	Thu	5:41	3.2	6:07	2.5			12:05	0.2	7:15	4:57	
16	Fri	6:27	3.4	6:53	2.7	12:00	0.2	12:50	0.0	7:15	4:58	
17	Sat	7:08	3.5	7:34	2.8	12:45	0.1	1:34	-0.1	7:14	5:00	
18	Sun	7:46	3.6	8:12	2.9	1:30	0.1	2:17	-0.2	7:14	5:01	
19	Mon	8:23	3.6	8:49	2.9	2:14	0.0	2:56	-0.3	7:13	5:02	
20	Tue	8:59	3.6	9:26	3.0	2:55	-0.1	3:33	-0.4	7:13	5:03	
21	Wed	9:36	3.5	10:05	3.1	3:35	-0.1	4:08	-0.4	7:12	5:04	
22	Thu	10:17	3.4	10:48	3.1	4:14	-0.1	4:42	-0.4	7:12	5:05	
23	Fri	11:03	3.3	11:36	3.2	4:56	0.0	5:19	-0.3	7:11	5:06	
24	Sat	11:54	3.1			5:44	0.1	6:01	-0.2	7:10	5:08	
25	Sun	12:29	3.3	12:51	2.9	6:45	0.2	6:54	-0.1	7:10	5:09	
26	Mon	1:24	3.4	1:51	2.8	8:01	0.3	8:00	0.0	7:09	5:10	
27	Tue	2:24	3.4	2:56	2.7	9:17	0.2	9:13	0.0	7:08	5:11	
28	Wed	3:30	3.5	4:08	2.7	10:25	0.0	10:21	-0.1	7:07	5:12	
29	Thu	4:41	3.6	5:19	2.8	11:26	-0.2	11:23	-0.3	7:07	5:13	
30	Fri	5:47	3.7	6:21	3.1			12:23	-0.4	7:06	5:15	
31	Sat	6:44	3.9	7:15	3.3	12:21	-0.4	1:16	-0.6	7:05	5:16	