

Seven Island, Newmans Thorofare, NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:50	3.4	9:07	4.0	2:51	0.0	2:54	0.2	5:57	7:51	
2	Sat	9:29	3.3	9:43	3.9	3:33	0.0	3:31	0.3	5:56	7:52	
3	Sun	10:08	3.2	10:18	3.8	4:12	0.1	4:08	0.4	5:55	7:52	
4	Mon	10:48	3.0	10:55	3.7	4:50	0.2	4:43	0.5	5:54	7:53	
5	Tue	11:31	2.9	11:34	3.5	5:27	0.3	5:17	0.7	5:53	7:54	
6	Wed			12:17	2.8	6:05	0.4	5:52	0.8	5:51	7:55	
7	Thu	12:17	3.4	1:08	2.8	6:46	0.6	6:31	1.0	5:50	7:56	
8	Fri	1:07	3.3	1:58	2.8	7:34	0.7	7:25	1.1	5:49	7:57	
9	Sat	1:58	3.2	2:46	2.9	8:32	0.7	8:40	1.1	5:48	7:58	
10	Sun	2:51	3.2	3:35	3.0	9:31	0.6	9:54	1.0	5:47	7:59	
11	Mon	3:45	3.2	4:28	3.3	10:26	0.5	10:58	0.7	5:46	8:00	
12	Tue	4:45	3.3	5:24	3.6	11:16	0.3	11:55	0.5	5:45	8:01	
13	Wed	5:47	3.4	6:18	3.9			12:04	0.1	5:44	8:02	
14	Thu	6:45	3.5	7:09	4.2	12:48	0.2	12:51	0.0	5:43	8:03	
15	Fri	7:38	3.6	7:57	4.5	1:41	-0.1	1:40	-0.1	5:42	8:04	
16	Sat	8:29	3.7	8:46	4.6	2:35	-0.3	2:32	-0.2	5:42	8:05	
17	Sun	9:21	3.7	9:36	4.6	3:29	-0.4	3:25	-0.2	5:41	8:06	
18	Mon	10:15	3.7	10:30	4.5	4:21	-0.4	4:18	-0.2	5:40	8:07	
19	Tue	11:13	3.6	11:28	4.3	5:13	-0.4	5:10	0.0	5:39	8:08	
20	Wed			12:15	3.5	6:04	-0.2	6:05	0.2	5:38	8:09	
21	Thu	12:29	4.1	1:17	3.5	6:59	-0.1	7:04	0.4	5:38	8:09	
22	Fri	1:30	3.9	2:16	3.5	7:59	0.1	8:11	0.6	5:37	8:10	
23	Sat	2:27	3.7	3:11	3.6	9:00	0.2	9:20	0.6	5:36	8:11	
24	Sun	3:22	3.5	4:05	3.6	9:58	0.2	10:24	0.6	5:35	8:12	
25	Mon	4:17	3.3	4:59	3.7	10:49	0.3	11:21	0.6	5:35	8:13	
26	Tue	5:13	3.2	5:51	3.8	11:36	0.3			5:34	8:14	
27	Wed	6:08	3.2	6:39	3.9	12:12	0.5	12:19	0.3	5:34	8:14	
28	Thu	6:58	3.2	7:22	4.0	12:58	0.4	12:59	0.4	5:33	8:15	
29	Fri	7:43	3.2	8:02	4.0	1:42	0.3	1:39	0.4	5:33	8:16	
30	Sat	8:25	3.2	8:39	4.0	2:26	0.2	2:20	0.5	5:32	8:17	
31	Sun	9:06	3.2	9:16	4.0	3:09	0.2	3:02	0.5	5:32	8:17	