

































Seven Island, Newmans Thorofare, NJ - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:24	4.0	5:52	3.2	11:55	-0.4			7:17	4:44	
2	Wed	6:22	4.1	6:49	3.3	12:01	-0.4	12:50	-0.5	7:17	4:45	
3	Thu	7:15	4.2	7:42	3.5	12:56	-0.5	1:43	-0.7	7:17	4:46	
4	Fri	8:04	4.2	8:33	3.5	1:50	-0.5	2:33	-0.8	7:17	4:46	
5	Sat	8:53	4.1	9:23	3.5	2:42	-0.5	3:20	-0.8	7:17	4:47	
6	Sun	9:41	3.9	10:12	3.4	3:31	-0.4	4:04	-0.7	7:17	4:48	
7	Mon	10:29	3.7	11:02	3.3	4:17	-0.3	4:46	-0.5	7:17	4:49	
8	Tue	11:17	3.4	11:52	3.2	5:02	-0.1	5:27	-0.3	7:17	4:50	
9	Wed			12:06	3.2	5:48	0.2	6:09	-0.1	7:17	4:51	
10	Thu	12:40	3.1	12:54	3.0	6:40	0.4	6:55	0.1	7:17	4:52	
11	Fri	1:26	3.0	1:42	2.8	7:39	0.5	7:46	0.3	7:17	4:53	
12	Sat	2:12	3.0	2:31	2.6	8:42	0.6	8:40	0.4	7:16	4:54	
13	Sun	3:00	3.0	3:25	2.5	9:41	0.5	9:35	0.4	7:16	4:55	
14	Mon	3:54	3.0	4:24	2.5	10:35	0.4	10:27	0.3	7:16	4:56	
15	Tue	4:49	3.1	5:22	2.6	11:24	0.3	11:16	0.2	7:15	4:57	
16	Wed	5:41	3.2	6:12	2.7			12:11	0.1	7:15	4:58	
17	Thu	6:26	3.4	6:57	2.9	12:02	0.1	12:55	-0.1	7:14	5:00	
18	Fri	7:07	3.5	7:37	3.0	12:48	0.0	1:39	-0.2	7:14	5:01	
19	Sat	7:45	3.6	8:16	3.1	1:33	-0.1	2:21	-0.4	7:13	5:02	
20	Sun	8:22	3.7	8:55	3.2	2:18	-0.2	3:01	-0.5	7:13	5:03	
21	Mon	9:00	3.7	9:36	3.3	3:01	-0.3	3:39	-0.5	7:12	5:04	
22	Tue	9:41	3.6	10:19	3.3	3:44	-0.3	4:16	-0.5	7:12	5:05	
23	Wed	10:26	3.5	11:08	3.4	4:27	-0.3	4:54	-0.5	7:11	5:06	
24	Thu	11:17	3.3			5:13	-0.2	5:35	-0.4	7:10	5:08	
25	Fri	12:01	3.4	12:14	3.1	6:08	-0.1	6:26	-0.2	7:10	5:09	
26	Sat	12:57	3.5	1:13	3.0	7:14	0.1	7:29	-0.1	7:09	5:10	
27	Sun	1:55	3.5	2:15	2.9	8:28	0.1	8:40	-0.1	7:08	5:11	
28	Mon	2:57	3.5	3:22	2.8	9:39	0.0	9:48	-0.1	7:07	5:12	
29	Tue	4:03	3.5	4:33	2.9	10:43	-0.1	10:51	-0.2	7:07	5:13	
30	Wed	5:10	3.7	5:40	3.0	11:40	-0.3	11:49	-0.4	7:06	5:15	
31	Thu	6:09	3.8	6:37	3.2			12:34	-0.5	7:05	5:16	