

































Seven Island, Newmans Thorofare, NJ - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:55	3.9	6:31	3.1			12:36	-0.3	7:17	4:44	
2	Mon	6:50	4.2	7:24	3.3	12:29	-0.4	1:31	-0.5	7:17	4:45	
3	Tue	7:43	4.3	8:17	3.4	1:25	-0.5	2:24	-0.7	7:17	4:46	
4	Wed	8:34	4.3	9:10	3.5	2:21	-0.6	3:14	-0.8	7:17	4:47	
5	Thu	9:27	4.2	10:05	3.6	3:15	-0.7	4:02	-0.9	7:17	4:48	
6	Fri	10:20	4.0	11:01	3.6	4:07	-0.6	4:49	-0.8	7:17	4:49	
7	Sat	11:15	3.8	11:57	3.5	4:59	-0.4	5:36	-0.6	7:17	4:50	
8	Sun			12:10	3.5	5:53	-0.2	6:27	-0.4	7:17	4:50	
9	Mon	12:52	3.5	1:04	3.2	6:53	0.1	7:21	-0.2	7:17	4:51	
10	Tue	1:44	3.4	1:57	3.0	7:59	0.2	8:18	0.0	7:17	4:52	
11	Wed	2:36	3.3	2:51	2.7	9:05	0.3	9:15	0.1	7:16	4:54	
12	Thu	3:29	3.3	3:50	2.6	10:05	0.3	10:09	0.2	7:16	4:55	
13	Fri	4:26	3.2	4:51	2.5	10:59	0.2	10:59	0.2	7:16	4:56	
14	Sat	5:22	3.3	5:48	2.6	11:48	0.1	11:46	0.2	7:15	4:57	
15	Sun	6:11	3.3	6:37	2.7			12:34	0.0	7:15	4:58	
16	Mon	6:55	3.4	7:20	2.8	12:31	0.2	1:18	0.0	7:15	4:59	
17	Tue	7:36	3.5	8:00	2.8	1:16	0.1	2:00	-0.1	7:14	5:00	
18	Wed	8:14	3.5	8:39	2.9	1:59	0.1	2:40	-0.2	7:14	5:01	
19	Thu	8:50	3.4	9:16	2.9	2:41	0.0	3:17	-0.2	7:13	5:02	
20	Fri	9:24	3.4	9:52	2.9	3:19	0.1	3:50	-0.2	7:13	5:03	
21	Sat	9:58	3.2	10:26	2.9	3:55	0.1	4:22	-0.2	7:12	5:04	
22	Sun	10:33	3.1	11:02	2.9	4:29	0.2	4:51	-0.1	7:11	5:06	
23	Mon	11:11	3.0	11:42	3.0	5:04	0.3	5:22	0.0	7:11	5:07	
24	Tue	11:56	2.8			5:45	0.4	5:57	0.1	7:10	5:08	
25	Wed	12:27	3.0	12:47	2.7	6:40	0.4	6:43	0.1	7:09	5:09	
26	Thu	1:17	3.1	1:44	2.6	7:55	0.5	7:47	0.2	7:09	5:10	
27	Fri	2:13	3.2	2:47	2.5	9:13	0.4	9:02	0.1	7:08	5:11	
28	Sat	3:18	3.3	4:00	2.6	10:22	0.2	10:12	0.0	7:07	5:13	
29	Sun	4:30	3.5	5:13	2.8	11:22	-0.1	11:16	-0.2	7:06	5:14	
30	Mon	5:38	3.8	6:15	3.1			12:18	-0.4	7:05	5:15	
31	Tue	6:37	4.0	7:10	3.3	12:15	-0.5	1:12	-0.6	7:04	5:16	