



NOAA Tide Predictions

SEASIDE HEIGHTS, NJ,2025

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

Station Types: The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

Harmonic - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

Subordinate - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

Disclaimer: The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.



StationId: 8533071
Source: NOAA/NOS/CO-OPS
Station Type: Subordinate
Time Zone: LST_LDT
Datum: MLLW

NOAA Tide Predictions

SEASIDE HEIGHTS, NJ,2025
(39 56.6N / 74 02.1W)

Times and Heights of High and Low Waters

January					February					March				
Time		Height			Time		Height			Time		Height		
h	m	ft	cm		h	m	ft	cm		h	m	ft	cm	
1	01:46 AM	-0.1	-3		16	02:34 AM	-0.2	-6		1	01:58 AM	-0.8	-24	
	07:48 AM	4.9	149			08:42 AM	4.5	137			08:00 AM	5.0	152	
W	02:34 PM	-0.5	-15		Th	03:16 PM	-0.5	-15		Sa	02:22 PM	-1.0	-30	
	08:18 PM	3.8	116			09:18 PM	3.9	119			08:24 PM	4.9	149	
2	02:28 AM	-0.1	-3		17	03:16 AM	-0.1	-3		2	02:52 AM	-0.8	-24	
	08:36 AM	4.8	146			09:30 AM	4.2	128			08:48 AM	4.8	146	
Th	03:10 PM	-0.5	-15		F	03:52 PM	-0.3	-9		Su	03:04 PM	-1.0	-30	
	09:06 PM	3.8	116			10:06 PM	3.8	116			09:12 PM	5.0	152	
3	03:10 AM	-0.1	-3		18	03:58 AM	0.1	3		3	03:40 AM	-0.7	-21	
	09:18 AM	4.7	143			10:12 AM	3.9	119			09:42 AM	4.5	137	
F	03:52 PM	-0.5	-15		Sa	04:28 PM	-0.1	-3		M	03:46 PM	-0.8	-24	
	10:00 PM	3.9	119			10:48 PM	3.8	116			10:06 PM	4.9	149	
4	03:58 AM	0.0	0		19	04:40 AM	0.4	12		4	04:28 AM	-0.4	-12	
	10:12 AM	4.5	137			10:54 AM	3.7	113			10:36 AM	4.8	142	
Sa	04:40 PM	-0.4	-12		Su	05:04 PM	0.1	3		Tu	04:34 PM	-0.4	-12	
	10:54 PM	4.0	122			11:36 PM	3.7	113			11:00 PM	4.7	143	
5	04:52 AM	0.1	3		20	05:28 AM	0.6	18		5	05:28 AM	-0.1	-3	
	11:06 AM	4.3	131			11:36 AM	3.4	104			11:36 AM	3.9	119	
Su	05:28 PM	-0.3	-9		M	05:40 PM	0.3	9		W	05:28 PM	-0.1	-3	
	11:48 PM	4.2	128											
6	05:58 AM	0.2	6		21	12:18 AM	3.7	113		6	12:00 AM	4.5	137	
	12:06 PM	4.1	125			06:22 AM	0.7	21			06:40 AM	0.2	6	
M	06:22 PM	-0.2	-6		Tu	12:24 PM	3.2	98		Th	12:36 PM	3.6	110	
●					●	06:28 PM	0.5	15		●	06:40 PM	0.2	6	
7	12:42 AM	4.3	131		22	01:00 AM	3.7	113		7	01:00 AM	4.3	131	
	07:16 AM	0.3	9			07:28 AM	0.8	24			07:52 AM	0.3	9	
Tu	01:06 PM	3.8	116		W	01:12 PM	3.0	91		F	01:36 PM	3.5	107	
	07:22 PM	-0.2	-6			07:28 PM	0.6	18		●	07:52 PM	0.4	12	
8	01:42 AM	4.4	134		23	01:48 AM	3.7	113		8	02:06 AM	4.1	125	
	08:22 AM	0.2	6			08:28 AM	0.7	21			08:58 AM	0.3	9	
W	02:06 PM	3.7	113		Th	02:06 PM	2.9	88		Sa	02:48 PM	3.4	104	
	08:28 PM	-0.2	-6			08:28 PM	0.6	18			09:04 PM	0.4	12	
9	02:42 AM	4.5	137		24	02:42 AM	3.7	113		9	04:12 AM	4.0	122	
	09:28 AM	0.1	3			09:28 AM	0.6	18			10:58 AM	0.2	6	
Th	03:12 PM	3.6	110		F	03:06 PM	2.9	88		Su	04:54 PM	3.6	110	
	09:28 PM	-0.2	-6			09:22 PM	0.5	15			11:04 PM	0.3	9	
10	03:48 AM	4.6	140		25	03:42 AM	3.9	119		10	05:18 AM	4.1	125	
	10:28 AM	-0.1	-3			10:22 AM	0.3	9			11:52 AM	0.0	0	
F	04:18 PM	3.6	110		Sa	04:12 PM	3.0	91		M	05:54 PM	3.8	116	
	10:22 PM	-0.3	-9			10:10 PM	0.4	12			11:52 PM	0.1	3	
11	04:48 AM	4.7	143		26	04:36 AM	4.1	125		11	06:12 AM	4.3	131	
	11:22 AM	-0.3	-9			11:10 AM	0.1	3			12:34 PM	-0.1	-3	
Sa	05:18 PM	3.8	116		Su	05:06 PM	3.2	98		Tu	06:42 PM	4.1	125	
	11:22 PM	-0.3	-9			11:04 PM	0.1	3						
12	05:42 AM	4.8	146		27	05:24 AM	4.4	134		12	12:40 AM	0.0	0	
	12:16 PM	-0.5	-15			11:58 AM	-0.2	-6			06:54 AM	4.4	134	
Su	06:12 PM	3.9	119		M	05:54 PM	3.5	107		W	01:16 PM	-0.2	-6	
					●	11:52 PM	-0.1	-3			07:24 PM	4.3	131	
13	12:10 AM	-0.3	-9		28	06:06 AM	4.7	143		13	01:28 AM	-0.1	-3	
	06:30 AM	4.9	149			12:40 PM	-0.5	-15			07:36 AM	4.4	134	
M	01:10 PM	-0.6	-18		Tu	06:36 PM	3.7	113		Th	01:58 PM	-0.3	-9	
○	07:00 PM	4.0	122								08:00 PM	4.4	134	
14	01:04 AM	-0.3	-9		29	12:40 AM	-0.3	-9		14	02:10 AM	-0.2	-6	
	07:18 AM	4.8	146			06:54 AM	4.9	149			08:12 AM	4.4	134	
Tu	01:52 PM	-0.6	-18		W	01:28 PM	-0.7	-21		F	02:34 PM	-0.3	-9	
	07:48 PM	4.0	122		●	07:18 PM	4.0	122		○	08:36 PM	4.5	137	
15	01:52 AM	-0.3	-9		30	01:28 AM	-0.5	-15		15	02:46 AM	-0.2	-6	
	08:00 AM	4.7	143			07:36 AM	4.9	149			08:48 AM	4.3	131	
W	02:34 PM	-0.6	-18		Th	02:10 PM	-0.8	-24		Sa	03:04 PM	-0.2	-6	
	08:36 PM	4.0	122			08:00 PM	4.2	128			09:12 PM	4.5	137	
					31	02:16 AM	-0.6	-18		30	02:46 AM	-0.8	-24	
						08:18 AM	4.9	149			08:42 AM	5.0	152	
					F	02:52 PM	-0.9	-27		Su	02:58 PM	-0.9	-27	
						08:48 PM	4.3	131			09:00 PM	5.5	168	
										31	03:34 AM	-0.8	-24	
											09:30 AM	4.8	146	
											03:40 PM	-0.8	-24	
											09:54 PM	5.4	165	

Disclaimer: These data are based upon the latest information available as of the date of your request, and may differ from the published tide tables.

Referenced to Station: Sandy Hook (8531680) Time offset in mins (high: -30 low: -32) Height offset in feet (high: *0.92 low: *0.92)



StationId: 8533071
Source: NOAA/NOS/CO-OPS
Station Type: Subordinate
Time Zone: LST_LDT
Datum: MLLW

NOAA Tide Predictions

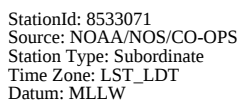
SEASIDE HEIGHTS, NJ,2025
(39 56.6N / 74 02.1W)

Times and Heights of High and Low Waters

April				May				June			
Time		Height		Time		Height		Time		Height	
h	m	ft	cm	h	m	ft	cm	h	m	ft	cm
1	04:22 AM	-0.7	-21	16	04:16 AM	0.2	6	1	12:00 AM	4.7	143
	10:24 AM	4.5	137		10:06 AM	3.7	113		06:28 AM	0.3	9
Tu	04:28 PM	-0.5	-15	W	04:04 PM	0.6	18	Su	12:48 PM	4.3	131
	10:42 PM	5.2	158		10:12 PM	4.4	134		06:34 PM	0.9	27
2	05:16 AM	-0.4	-12	17	04:52 AM	0.4	12	2	12:54 AM	4.5	137
	11:24 AM	4.2	128		11:48 AM	3.5	107		07:28 AM	0.5	15
W	05:16 PM	-0.1	-3	Th	04:34 PM	0.8	24	M	01:42 PM	4.3	131
	11:42 PM	4.9	149		10:48 PM	4.3	131		07:40 PM	1.1	34
3	06:16 AM	0.0	0	18	05:28 AM	0.6	18	3	01:48 AM	4.2	128
	12:24 PM	4.0	122		11:36 AM	3.4	104		08:22 AM	0.6	18
Th	06:16 PM	0.3	9	F	05:10 PM	0.9	27	Tu	02:30 PM	4.3	131
4	12:42 AM	4.6	140		11:36 PM	4.2	128		08:46 PM	1.1	34
	07:22 AM	0.3	9	19	06:16 AM	0.7	21	4	02:36 AM	4.0	122
F	01:24 PM	3.8	116		12:30 PM	3.4	104		09:10 AM	0.7	21
	07:22 PM	0.6	18	Sa	05:52 PM	1.1	34	W	03:18 PM	4.3	131
5	01:42 AM	4.3	131	20	12:36 AM	4.2	128		09:40 PM	1.1	34
	08:34 AM	0.4	12		07:22 AM	0.8	24	5	03:24 AM	3.9	119
Sa	02:24 PM	3.7	113	Su	01:24 PM	3.4	104		09:58 AM	0.7	21
	08:34 PM	0.8	24		07:04 PM	1.2	37	Th	04:06 PM	4.4	134
6	02:48 AM	4.1	125	21	01:36 AM	4.2	128		10:34 PM	0.9	27
	09:40 AM	0.4	12		08:28 AM	0.7	21	6	04:18 AM	3.8	116
Su	03:30 PM	3.7	113	M	02:24 PM	3.6	110		10:40 AM	0.7	21
	09:46 PM	0.7	21		08:34 PM	1.1	34	F	04:54 PM	4.6	140
7	03:48 AM	4.0	122	22	02:36 AM	4.2	128		11:16 PM	0.8	24
	10:34 AM	0.4	12		09:28 AM	0.5	15	7	05:12 AM	3.8	116
M	04:30 PM	3.9	119	Tu	03:24 PM	3.9	119		11:16 AM	0.7	21
	10:46 PM	0.6	18		09:46 PM	0.8	24	Sa	05:42 PM	4.7	143
8	04:54 AM	4.1	125	23	03:42 AM	4.3	131	8	12:04 AM	0.6	18
	11:22 AM	0.2	6		10:22 AM	0.2	6		06:00 AM	3.8	116
Tu	05:24 PM	4.1	125	W	04:24 PM	4.3	131	Su	11:58 AM	0.7	21
	11:34 PM	0.4	12		10:52 PM	0.4	12		06:24 PM	4.9	149
9	05:42 AM	4.1	125	24	04:48 AM	4.5	137	9	12:46 AM	0.5	15
	12:04 PM	0.2	6		11:16 AM	-0.1	-3		06:48 AM	3.9	119
W	06:12 PM	4.4	134	Th	05:24 PM	4.8	146	M	12:40 PM	0.7	21
10	12:16 AM	0.3	9		11:46 PM	0.0	0		07:00 PM	5.0	152
	06:30 AM	4.2	128	25	05:48 AM	4.7	143	10	01:34 AM	0.4	12
Th	12:40 PM	0.1	3		12:04 PM	-0.3	-9		07:30 AM	3.9	119
	06:54 PM	4.6	140	F	06:12 PM	5.2	158	Tu	01:22 PM	0.7	21
11	01:04 AM	0.2	6		06:54 PM	4.9	149		07:42 PM	5.0	152
	07:06 AM	4.3	131	26	12:40 AM	-0.3	-9	11	02:16 AM	0.3	9
F	01:16 PM	0.1	3		06:42 AM	4.9	149		08:06 AM	3.9	119
	07:30 PM	4.7	143	Sa	12:52 PM	-0.5	-15	W	02:04 PM	0.7	21
12	01:46 AM	0.1	3		07:06 PM	5.6	171		08:18 PM	5.0	152
	07:42 AM	4.3	131	27	01:34 AM	-0.6	-18	12	02:58 AM	0.2	6
Sa	01:52 PM	0.1	3		07:30 AM	4.9	149		08:48 AM	3.9	119
	08:06 PM	4.8	146	Su	01:40 PM	-0.6	-18	Th	02:46 PM	0.7	21
13	02:22 AM	0.0	0		07:54 PM	5.8	177		08:54 PM	5.0	152
	08:18 AM	4.2	128	28	02:28 AM	-0.7	-21	13	03:40 AM	0.2	6
Su	02:28 PM	0.2	6		08:24 AM	4.9	149		09:30 AM	3.8	116
	08:36 PM	4.8	146	M	02:28 PM	-0.6	-18	F	03:28 PM	0.8	24
14	03:04 AM	0.0	0		08:42 PM	5.8	177		09:30 PM	4.9	149
	08:54 AM	4.0	122	29	03:22 AM	-0.7	-21	14	04:16 AM	0.2	6
M	03:04 PM	0.3	9		09:12 AM	4.7	143		10:12 AM	3.8	116
	09:12 PM	4.7	143	Tu	03:22 PM	-0.4	-12	Sa	04:10 PM	0.8	24
15	03:40 AM	0.1	3		09:30 PM	5.6	171		10:12 PM	4.8	146
	09:30 AM	3.9	119	30	04:10 AM	-0.5	-15	15	04:58 AM	0.3	9
Tu	03:34 PM	0.4	12		10:12 AM	4.5	137		11:00 AM	3.9	119
	09:42 PM	4.6	140	W	04:10 PM	-0.2	-6	Su	04:46 PM	0.8	24
16	04:34 AM	0.4	12		10:24 PM	5.3	162		11:00 PM	4.7	143
	10:30 AM	3.6	110	15	03:58 AM	0.3	9	30	05:52 AM	0.2	6
F	04:16 PM	0.9	27		09:48 AM	3.7	113		12:18 PM	4.4	134
	10:30 PM	4.6	140	Th	03:46 PM	0.8	24	M	06:04 PM	0.9	27
17	05:10 AM	0.5	15		09:48 PM	4.7	143				
	11:18 AM	3.6	110	31	05:34 AM	0.0	0				
Sa	04:58 PM	1.0	30		11:54 AM	4.3	131				
	11:18 PM	4.5	137	Sa	05:40 PM	0.7	21				

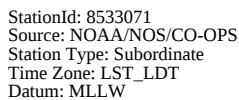
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Referenced to Station: Sandy Hook (8531680) Time offset in mins (high: -30 low: -32) Height offset in feet (high: *0.92 low: *0.92)



Times and Heights of High and Low Waters

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October				November				December																				
Time		Height		Time		Height		Time		Height		Time		Height														
	h m ft cm				h m ft cm				h m ft cm				h m ft cm															
1	02:42 AM	3.5	107	16	04:06 AM	4.3	131	1	04:00 AM	4.3	131	16	04:18 AM	4.6	140													
	08:52 AM	1.5	46			10:16 AM	0.9		27		10:28 AM		0.7	21		10:34 PM	0.5	15										
	W 03:00 PM	4.3	131			Th 04:24 PM	4.5		137	Sa	04:18 PM		4.6	140	Su	04:36 PM	4.1	125										
		09:52 PM	1.0		30		10:58 PM		0.4	12			10:52 PM	0.2	6		10:46 PM	0.3	9									
2	03:42 AM	3.7	113	17	05:00 AM	4.5	137	2	03:54 AM	4.7	143	17	05:00 AM	4.8	146	2	04:18 AM	5.1	155									
	09:58 AM	1.2	37			11:10 AM	0.7		21		10:22 AM		0.3	9			11:16 AM	0.4	12		10:52 AM	-0.2	-6					
	Th 04:00 PM	4.5	137		F	05:18 PM	4.6		140	Su	04:18 PM		4.7	143	M		05:18 PM	4.1	125	Tu	04:48 PM	4.4	134					
		10:40 PM	0.7		21		11:40 PM		0.3	9			10:34 PM	-0.1	-3			11:22 PM	0.3	9		10:52 PM	-0.4	-12				
3	04:42 AM	4.1	125	18	05:48 AM	4.7	143	3	04:48 AM	5.2	158	18	05:42 AM	4.9	149	3	05:12 AM	5.5	168	18	05:54 AM	4.6	140					
	10:52 AM	0.9	27			11:58 AM	0.5		15		11:10 AM		0.0	0			11:58 AM	0.3	9			11:46 AM	-0.4	-12		12:16 PM	0.1	3
	F 05:00 PM	4.8	146		Sa	06:06 PM	4.6		140	M	05:12 PM		4.9	149	Tu		06:00 PM	4.1	125		W	05:42 PM	4.5	137	Th	06:18 PM	3.6	110
		11:28 PM	0.4		12						11:22 PM		-0.3	-9			11:58 PM	0.3	9			11:46 PM	-0.6	-18				
4	05:30 AM	4.5	137	19	12:22 AM	0.3	9	4	05:36 AM	5.6	171	19	06:18 AM	5.0	152	4	06:06 AM	5.7	174	19	12:10 AM	0.3	9					
	11:46 AM	0.5	15			12:04 PM	-0.3		-9		12:40 PM		0.2	6			12:46 PM	-0.6	-18			06:30 AM	4.6	140				
	Sa 05:48 PM	5.0	152			Tu 06:00 PM	5.0		152	W	06:36 PM		4.0	122	O		06:36 PM	4.5	137		F	12:58 PM	0.0	0				
																					06:54 PM	3.6	110					
5	12:10 AM	0.1	3	20	12:58 AM	0.3	9	5	12:10 AM	-0.5	-15	20	12:40 AM	0.4	12	5	12:40 AM	-0.6	-18	20	12:52 AM	0.3	9					
	06:18 AM	5.0	152			06:24 AM	5.9		180		06:54 AM		4.9	149			06:54 AM	5.7	174			07:06 AM	4.6	140				
	Su 12:34 PM	0.2	6		W	12:58 PM	-0.5		-15	Th	01:22 PM		0.2	6	F		01:40 PM	-0.7	-21		Sa	01:40 PM	-0.1	-3				
		06:36 PM	5.2		158	O	06:48 PM		5.0	152	●		07:12 PM	3.9	119			07:30 PM	4.5		137	●	07:36 PM	3.6	110			
6	12:58 AM	-0.2	-6	21	01:34 AM	0.3	9	6	12:58 AM	-0.5	-15	21	01:16 AM	0.5	15	6	01:34 AM	-0.5	-15	21	01:34 AM	0.3	9					
	07:00 AM	5.4	165			07:12 AM	6.0		183		07:24 AM		4.9	149			07:48 AM	5.6	171			07:42 AM	4.6	140				
	M 01:28 PM	-0.1	-3		Th	01:52 PM	-0.5		-15	F	02:04 PM		0.2	6	Sa		02:28 PM	-0.7	-21		Su	02:22 PM	-0.1	-3				

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