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# Atlantic Highlands, NJ - Jan 1706

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 8:49 | 5.0 | 9:26 | 4.1 | 2:40 | 0.0 | 3:27 | -0.3 | 7:24 | 4:44 | |
| 2 | Sat | 9:33 | 4.8 | 10:14 | 4.0 | 3:22 | 0.1 | 4:06 | -0.2 | 7:24 | 4:45 | |
| 3 | Sun | 10:18 | 4.5 | 11:03 | 4.0 | 4:02 | 0.3 | 4:44 | 0.0 | 7:24 | 4:46 | |
| 4 | Mon | 11:04 | 4.2 | 11:50 | 3.9 | 4:44 | 0.6 | 5:24 | 0.2 | 7:24 | 4:47 | |
| 5 | Tue | 11:49 | 4.0 | | | 5:30 | 0.8 | 6:07 | 0.4 | 7:24 | 4:48 | |
| 6 | Wed | 12:35 | 3.9 | 12:34 | 3.8 | 6:26 | 0.9 | 6:55 | 0.5 | 7:24 | 4:49 | |
| 7 | Thu | 1:19 | 4.0 | 1:20 | 3.6 | 7:30 | 1.0 | 7:47 | 0.6 | 7:24 | 4:50 | |
| 8 | Fri | 2:04 | 4.0 | 2:10 | 3.5 | 8:33 | 0.9 | 8:40 | 0.5 | 7:23 | 4:51 | |
| 9 | Sat | 2:53 | 4.2 | 3:07 | 3.4 | 9:31 | 0.7 | 9:31 | 0.5 | 7:23 | 4:52 | |
| 10 | Sun | 3:46 | 4.3 | 4:08 | 3.5 | 10:23 | 0.4 | 10:20 | 0.3 | 7:23 | 4:53 | |
| 11 | Mon | 4:39 | 4.6 | 5:04 | 3.6 | 11:13 | 0.1 | 11:07 | 0.1 | 7:23 | 4:54 | |
| 12 | Tue | 5:27 | 4.9 | 5:54 | 3.8 | | | 12:02 | -0.2 | 7:23 | 4:55 | |
| 13 | Wed | 6:13 | 5.2 | 6:40 | 4.0 | | | 12:50 | -0.4 | 7:22 | 4:56 | |
| 14 | Thu | 6:57 | 5.5 | 7:25 | 4.2 | 12:45 | -0.3 | 1:38 | -0.7 | 7:22 | 4:57 | |
| 15 | Fri | 7:42 | 5.6 | 8:11 | 4.4 | 1:35 | -0.4 | 2:25 | -0.9 | 7:21 | 4:58 | |
| 16 | Sat | 8:29 | 5.6 | 9:00 | 4.5 | 2:24 | -0.6 | 3:09 | -1.0 | 7:21 | 4:59 | |
| 17 | Sun | 9:19 | 5.5 | 9:52 | 4.6 | 3:13 | -0.6 | 3:52 | -1.0 | 7:21 | 5:00 | |
| 18 | Mon | 10:11 | 5.2 | 10:48 | 4.7 | 4:02 | -0.5 | 4:37 | -0.9 | 7:20 | 5:01 | |
| 19 | Tue | 11:07 | 5.0 | 11:44 | 4.7 | 4:54 | -0.3 | 5:25 | -0.7 | 7:20 | 5:03 | |
| 20 | Wed | | | 12:03 | 4.6 | 5:55 | -0.1 | 6:19 | -0.5 | 7:19 | 5:04 | |
| 21 | Thu | 12:40 | 4.8 | 1:00 | 4.3 | 7:04 | 0.1 | 7:19 | -0.3 | 7:18 | 5:05 | |
| 22 | Fri | 1:36 | 4.8 | 1:58 | 4.1 | 8:15 | 0.2 | 8:22 | -0.2 | 7:18 | 5:06 | |
| 23 | Sat | 2:34 | 4.7 | 3:01 | 3.9 | 9:22 | 0.1 | 9:22 | -0.1 | 7:17 | 5:07 | |
| 24 | Sun | 3:37 | 4.7 | 4:08 | 3.8 | 10:22 | 0.0 | 10:19 | -0.1 | 7:16 | 5:08 | |
| 25 | Mon | 4:39 | 4.8 | 5:10 | 3.9 | 11:17 | -0.2 | 11:12 | -0.1 | 7:16 | 5:10 | |
| 26 | Tue | 5:34 | 4.9 | 6:03 | 4.0 | | | 12:08 | -0.3 | 7:15 | 5:11 | |
| 27 | Wed | 6:22 | 5.0 | 6:50 | 4.2 | 12:03 | -0.2 | 12:57 | -0.4 | 7:14 | 5:12 | |
| 28 | Thu | 7:06 | 5.0 | 7:34 | 4.2 | 12:51 | -0.2 | 1:42 | -0.5 | 7:13 | 5:13 | |
| 29 | Fri | 7:47 | 5.0 | 8:17 | 4.3 | 1:37 | -0.2 | 2:23 | -0.5 | 7:12 | 5:14 | |
| 30 | Sat | 8:26 | 4.8 | 8:58 | 4.2 | 2:20 | -0.2 | 3:00 | -0.4 | 7:12 | 5:16 | |
| 31 | Sun | 9:05 | 4.6 | 9:40 | 4.2 | 3:00 | -0.1 | 3:34 | -0.3 | 7:11 | 5:17 | |