US HARBORS www.USHarbors.com

Atlantic Highlands, NJ - Jul 1724

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**3:19**	4.0	**3:57**	5.0	**9:39**	0.9	**10:27**	1.0	4:32	7:33	
2	Sun	**4:16**	4.0	**4:45**	5.1	**10:24**	0.9	**11:14**	0.8	4:33	7:33	
3	Mon	**5:08**	4.1	**5:30**	5.3	**11:07**	0.8			4:33	7:33	
4	Tue	**5:55**	4.2	**6:11**	5.5	**12:00**	0.6	**11:51 AM**	0.8	4:34	7:33	
5	Wed	**6:38**	4.3	**6:50**	5.6	**12:46**	0.4	**12:37**	0.7	4:35	7:33	
6	Thu	**7:20**	4.4	**7:29**	5.7	**1:31**	0.2	**1:22**	0.7	4:35	7:32	
7	Fri	**8:01**	4.4	**8:10**	5.7	**2:15**	0.1	**2:08**	0.6	4:36	7:32	
8	Sat	**8:45**	4.5	**8:53**	5.7	**2:57**	0.0	**2:52**	0.6	4:37	7:32	
9	Sun	**9:31**	4.6	**9:41**	5.6	**3:37**	0.0	**3:36**	0.6	4:37	7:31	
10	Mon	**10:22**	4.7	**10:33**	5.4	**4:18**	0.0	**4:23**	0.6	4:38	7:31	
11	Tue	**11:15**	4.9	**11:28**	5.2	**5:01**	0.0	**5:16**	0.7	4:39	7:30	
12	Wed			**12:09**	5.1	**5:49**	0.1	**6:20**	0.8	4:39	7:30	
13	Thu	**12:24**	5.1	**1:02**	5.3	**6:44**	0.2	**7:32**	0.8	4:40	7:29	
14	Fri	**1:20**	4.9	**1:57**	5.5	**7:44**	0.2	**8:41**	0.7	4:41	7:29	
15	Sat	**2:19**	4.7	**2:56**	5.6	**8:44**	0.2	**9:45**	0.5	4:42	7:28	
16	Sun	**3:24**	4.6	**3:59**	5.7	**9:43**	0.2	**10:44**	0.3	4:42	7:28	
17	Mon	**4:31**	4.6	**4:59**	5.9	**10:39**	0.1	**11:40**	0.1	4:43	7:27	
18	Tue	**5:32**	4.8	**5:54**	6.0	**11:34**	0.1			4:44	7:26	
19	Wed	**6:27**	4.9	**6:45**	6.0	**12:34**	0.0	**12:28**	0.1	4:45	7:26	
20	Thu	**7:18**	5.0	**7:33**	6.0	**1:25**	-0.1	**1:22**	0.2	4:46	7:25	
21	Fri	**8:07**	5.0	**8:19**	5.8	**2:14**	-0.2	**2:12**	0.3	4:47	7:24	
22	Sat	**8:56**	5.0	**9:05**	5.5	**2:58**	-0.1	**2:58**	0.4	4:47	7:24	
23	Sun	**9:45**	4.9	**9:51**	5.3	**3:40**	0.0	**3:42**	0.6	4:48	7:23	
24	Mon	**10:33**	4.8	**10:38**	5.0	**4:18**	0.2	**4:25**	0.8	4:49	7:22	
25	Tue	**11:21**	4.8	**11:24**	4.7	**4:57**	0.4	**5:09**	1.0	4:50	7:21	
26	Wed			**12:06**	4.8	**5:36**	0.7	**6:00**	1.3	4:51	7:20	
27	Thu	**12:10**	4.4	**12:50**	4.7	**6:19**	0.9	**6:58**	1.4	4:52	7:19	
28	Fri	**12:55**	4.2	**1:33**	4.7	**7:07**	1.1	**7:59**	1.4	4:53	7:18	
29	Sat	**1:42**	4.0	**2:19**	4.8	**8:00**	1.2	**8:58**	1.3	4:54	7:17	
30	Sun	**2:34**	3.9	**3:10**	4.8	**8:54**	1.2	**9:53**	1.1	4:55	7:16	
31	Mon	**3:34**	3.9	**4:04**	5.0	**9:46**	1.1	**10:43**	0.9	4:56	7:15	