US HARBORS www.USHarbors.com

Atlantic Highlands, NJ - Jul 1730

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:03	5.3	8:23	6.4	2:10	-0.6	2:16	-0.2	4:32	7:33	
2	Sun	8:59	5.3	9:17	6.2	3:00	-0.7	3:10	-0.2	4:33	7:33	
3	Mon	9:56	5.4	10:12	5.9	3:48	-0.7	4:02	0.0	4:33	7:33	
4	Tue	10:53	5.4	11:08	5.5	4:36	-0.5	4:56	0.3	4:34	7:33	
5	Wed	11:48	5.3			5:24	-0.2	5:54	0.6	4:34	7:33	
6	Thu	12:01	5.2	12:39	5.3	6:15	0.1	6:56	0.8	4:35	7:32	
7	Fri	12:53	4.8	1:29	5.2	7:09	0.4	8:00	1.0	4:36	7:32	
8	Sat	1:44	4.5	2:18	5.1	8:02	0.6	9:01	1.0	4:36	7:32	
9	Sun	2:37	4.3	3:09	5.1	8:55	0.7	9:55	0.9	4:37	7:31	
10	Mon	3:35	4.1	4:03	5.1	9:44	0.8	10:45	0.8	4:38	7:31	
11	Tue	4:32	4.1	4:55	5.2	10:31	0.8	11:31	0.7	4:38	7:31	
12	Wed	5:25	4.2	5:41	5.3	11:17	0.8			4:39	7:30	
13	Thu	6:11	4.3	6:23	5.3	12:15	0.6	12:02	0.8	4:40	7:30	
14	Fri	6:54	4.4	7:01	5.4	12:59	0.5	12:47	0.7	4:40	7:29	
15	Sat	7:35	4.5	7:38	5.4	1:41	0.4	1:31	0.7	4:41	7:29	
16	Sun	8:15	4.6	8:13	5.3	2:20	0.3	2:13	0.7	4:42	7:28	
17	Mon	8:53	4.6	8:46	5.2	2:56	0.3	2:52	0.7	4:43	7:27	
18	Tue	9:31	4.6	9:21	5.0	3:29	0.3	3:30	0.8	4:44	7:27	
19	Wed	10:10	4.6	9:58	4.9	4:00	0.4	4:07	0.9	4:44	7:26	
20	Thu	10:51	4.7	10:43	4.7	4:31	0.4	4:48	1.0	4:45	7:25	
21	Fri	11:35	4.9	11:33	4.5	5:04	0.5	5:37	1.1	4:46	7:25	
22	Sat			12:23	5.1	5:46	0.6	6:42	1.1	4:47	7:24	
23	Sun	12:29	4.4	1:14	5.3	6:42	0.7	7:56	1.0	4:48	7:23	
24	Mon	1:28	4.3	2:12	5.4	7:51	0.7	9:07	0.8	4:49	7:22	
25	Tue	2:35	4.3	3:18	5.6	9:02	0.6	10:10	0.5	4:50	7:21	
26	Wed	3:48	4.4	4:26	5.9	10:07	0.4	11:08	0.2	4:51	7:21	
27	Thu	4:58	4.7	5:27	6.2	11:09	0.1			4:51	7:20	
28	Fri	5:58	5.0	6:23	6.4	12:04	-0.2	12:08	-0.1	4:52	7:19	
29	Sat	6:53	5.3	7:15	6.4	12:58	-0.5	1:06	-0.2	4:53	7:18	
30	Sun	7:46	5.6	8:06	6.4	1:49	-0.7	2:01	-0.3	4:54	7:17	
31	Mon	8:38	5.7	8:56	6.1	2:37	-0.7	2:53	-0.2	4:55	7:16	