

Atlantic Highlands, NJ - Jul 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:30	4.8	6:00	5.7	11:42	0.1			5:29	8:30	
2	Wed	6:27	4.8	6:49	5.8	12:33	0.1	12:31	0.1	5:30	8:30	
3	Thu	7:17	4.9	7:35	5.8	1:22	0.0	1:19	0.2	5:30	8:29	
4	Fri	8:04	4.9	8:18	5.8	2:10	0.0	2:07	0.3	5:31	8:29	
5	Sat	8:49	4.9	8:59	5.6	2:55	0.0	2:52	0.4	5:31	8:29	
6	Sun	9:34	4.9	9:40	5.4	3:37	0.0	3:35	0.5	5:32	8:29	
7	Mon	10:18	4.8	10:21	5.2	4:16	0.1	4:16	0.6	5:33	8:28	
8	Tue	11:04	4.7	11:03	5.0	4:53	0.2	4:55	0.8	5:33	8:28	
9	Wed	11:50	4.6	11:46	4.8	5:29	0.4	5:35	1.0	5:34	8:28	
10	Thu			12:35	4.6	6:06	0.6	6:18	1.2	5:35	8:27	
11	Fri	12:31	4.6	1:19	4.6	6:46	0.8	7:10	1.3	5:35	8:27	
12	Sat	1:15	4.4	2:02	4.6	7:32	0.9	8:10	1.4	5:36	8:26	
13	Sun	2:00	4.3	2:45	4.7	8:25	0.9	9:14	1.3	5:37	8:26	
14	Mon	2:49	4.2	3:33	4.9	9:21	0.9	10:13	1.1	5:38	8:25	
15	Tue	3:44	4.2	4:26	5.1	10:15	0.8	11:08	0.8	5:38	8:25	
16	Wed	4:47	4.3	5:22	5.4	11:08	0.6	11:59	0.5	5:39	8:24	
17	Thu	5:48	4.5	6:15	5.7	11:59	0.4			5:40	8:24	
18	Fri	6:42	4.7	7:05	6.0	12:50	0.1	12:51	0.2	5:41	8:23	
19	Sat	7:32	5.0	7:53	6.3	1:41	-0.2	1:44	0.0	5:42	8:22	
20	Sun	8:22	5.3	8:42	6.4	2:32	-0.5	2:38	-0.2	5:42	8:22	
21	Mon	9:13	5.5	9:32	6.3	3:21	-0.7	3:31	-0.3	5:43	8:21	
22	Tue	10:06	5.6	10:26	6.2	4:08	-0.8	4:22	-0.3	5:44	8:20	
23	Wed	11:02	5.6	11:21	5.9	4:55	-0.7	5:14	-0.1	5:45	8:19	
24	Thu	11:59	5.6			5:43	-0.6	6:10	0.1	5:46	8:18	
25	Fri	12:19	5.6	12:56	5.6	6:35	-0.3	7:11	0.4	5:47	8:17	
26	Sat	1:16	5.3	1:52	5.6	7:31	-0.1	8:18	0.6	5:48	8:17	
27	Sun	2:12	5.1	2:46	5.5	8:32	0.2	9:25	0.6	5:49	8:16	
28	Mon	3:09	4.8	3:43	5.4	9:32	0.3	10:27	0.6	5:50	8:15	
29	Tue	4:09	4.6	4:42	5.4	10:29	0.4	11:23	0.5	5:50	8:14	
30	Wed	5:10	4.6	5:39	5.4	11:22	0.4			5:51	8:13	
31	Thu	6:07	4.7	6:29	5.5	12:13	0.4	12:11	0.4	5:52	8:12	