

Atlantic Highlands, NJ - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:30	4.5	3:47	3.8	9:58	0.4	10:08	0.2	7:19	4:39	
2	Sun	4:22	4.6	4:41	3.8	10:46	0.3	10:51	0.1	7:19	4:40	
3	Mon	5:09	4.8	5:30	3.9	11:31	0.1	11:33	0.1	7:19	4:41	
4	Tue	5:52	4.9	6:13	4.0			12:15	-0.1	7:19	4:42	
5	Wed	6:32	5.0	6:54	4.1	12:15	0.0	12:58	-0.2	7:19	4:43	
6	Thu	7:10	5.0	7:33	4.1	12:57	0.0	1:40	-0.3	7:19	4:44	
7	Fri	7:46	5.0	8:11	4.0	1:39	0.0	2:20	-0.3	7:19	4:45	
8	Sat	8:21	4.9	8:48	4.0	2:18	0.1	2:58	-0.3	7:19	4:46	
9	Sun	8:56	4.8	9:26	3.9	2:56	0.1	3:34	-0.3	7:19	4:47	
10	Mon	9:33	4.7	10:06	3.9	3:32	0.2	4:09	-0.2	7:18	4:48	
11	Tue	10:14	4.5	10:51	4.0	4:08	0.3	4:45	-0.1	7:18	4:49	
12	Wed	11:03	4.4	11:41	4.1	4:49	0.4	5:26	-0.1	7:18	4:50	
13	Thu	11:56	4.3			5:43	0.5	6:16	0.0	7:18	4:51	
14	Fri	12:33	4.3	12:53	4.2	6:55	0.5	7:17	0.0	7:17	4:52	
15	Sat	1:29	4.5	1:53	4.1	8:12	0.4	8:23	-0.1	7:17	4:53	
16	Sun	2:29	4.7	2:59	4.1	9:22	0.1	9:25	-0.3	7:16	4:54	
17	Mon	3:35	5.0	4:09	4.2	10:24	-0.2	10:25	-0.6	7:16	4:55	
18	Tue	4:40	5.3	5:13	4.4	11:21	-0.6	11:22	-0.8	7:16	4:56	
19	Wed	5:39	5.6	6:11	4.7			12:17	-0.9	7:15	4:58	
20	Thu	6:33	5.8	7:04	4.9	12:18	-1.0	1:11	-1.1	7:14	4:59	
21	Fri	7:24	5.9	7:57	5.0	1:14	-1.1	2:03	-1.3	7:14	5:00	
22	Sat	8:15	5.8	8:49	5.0	2:07	-1.1	2:52	-1.3	7:13	5:01	
23	Sun	9:06	5.6	9:42	4.9	2:58	-1.0	3:38	-1.2	7:13	5:02	
24	Mon	9:57	5.2	10:35	4.8	3:47	-0.7	4:23	-0.9	7:12	5:03	
25	Tue	10:49	4.9	11:28	4.6	4:35	-0.4	5:09	-0.6	7:11	5:05	
26	Wed	11:40	4.5			5:26	0.0	5:57	-0.3	7:10	5:06	
27	Thu	12:18	4.5	12:31	4.1	6:22	0.3	6:49	0.1	7:10	5:07	
28	Fri	1:07	4.3	1:20	3.8	7:24	0.5	7:44	0.3	7:09	5:08	
29	Sat	1:56	4.2	2:11	3.6	8:25	0.6	8:38	0.4	7:08	5:09	
30	Sun	2:47	4.2	3:07	3.5	9:23	0.5	9:30	0.4	7:07	5:11	
31	Mon	3:42	4.2	4:07	3.5	10:15	0.4	10:19	0.3	7:06	5:12	