

Atlantic Highlands, NJ - Jan 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:48	4.1			5:28	0.9	6:07	0.4	7:19	4:40	
2	Tue	12:29	3.8	12:36	4.0	6:29	1.0	7:00	0.4	7:19	4:41	
3	Wed	1:14	4.0	1:28	3.9	7:43	0.9	7:58	0.3	7:19	4:42	
4	Thu	2:04	4.2	2:25	3.9	8:51	0.7	8:56	0.1	7:19	4:43	
5	Fri	3:00	4.5	3:30	3.9	9:52	0.3	9:51	-0.1	7:19	4:44	
6	Sat	4:01	4.9	4:35	4.1	10:48	-0.1	10:45	-0.4	7:19	4:45	
7	Sun	5:00	5.3	5:33	4.3	11:42	-0.4	11:38	-0.6	7:19	4:45	
8	Mon	5:54	5.7	6:27	4.6			12:36	-0.8	7:19	4:46	
9	Tue	6:45	5.9	7:19	4.8	12:33	-0.8	1:29	-1.0	7:18	4:47	
10	Wed	7:36	6.0	8:12	4.9	1:28	-1.0	2:21	-1.2	7:18	4:49	
11	Thu	8:29	5.9	9:06	4.9	2:22	-1.0	3:10	-1.3	7:18	4:50	
12	Fri	9:23	5.7	10:03	4.9	3:14	-1.0	3:59	-1.2	7:18	4:51	
13	Sat	10:19	5.4	11:01	4.8	4:06	-0.8	4:48	-1.0	7:17	4:52	
14	Sun	11:15	5.1	11:57	4.8	5:00	-0.5	5:40	-0.7	7:17	4:53	
15	Mon			12:11	4.7	6:00	-0.1	6:35	-0.4	7:17	4:54	
16	Tue	12:52	4.7	1:05	4.4	7:05	0.2	7:34	-0.2	7:16	4:55	
17	Wed	1:45	4.6	1:59	4.0	8:11	0.3	8:31	0.0	7:16	4:56	
18	Thu	2:39	4.6	2:57	3.8	9:13	0.3	9:25	0.1	7:15	4:57	
19	Fri	3:35	4.5	3:57	3.7	10:08	0.2	10:15	0.1	7:15	4:58	
20	Sat	4:30	4.6	4:54	3.7	10:58	0.1	11:01	0.1	7:14	5:00	
21	Sun	5:20	4.7	5:43	3.8	11:45	0.0	11:46	0.0	7:13	5:01	
22	Mon	6:04	4.8	6:27	3.9			12:29	-0.2	7:13	5:02	
23	Tue	6:45	4.9	7:08	4.0	12:29	0.0	1:12	-0.3	7:12	5:03	
24	Wed	7:23	4.9	7:47	4.1	1:12	0.0	1:53	-0.3	7:11	5:04	
25	Thu	8:01	4.8	8:26	4.0	1:54	0.0	2:31	-0.4	7:11	5:06	
26	Fri	8:37	4.7	9:03	4.0	2:33	0.0	3:06	-0.4	7:10	5:07	
27	Sat	9:12	4.6	9:40	4.0	3:10	0.1	3:40	-0.3	7:09	5:08	
28	Sun	9:47	4.4	10:17	3.9	3:44	0.2	4:12	-0.2	7:08	5:09	
29	Mon	10:25	4.2	10:56	4.0	4:19	0.3	4:44	-0.1	7:07	5:10	
30	Tue	11:08	4.0	11:40	4.0	4:57	0.5	5:19	0.1	7:06	5:12	
31	Wed	11:57	3.9			5:47	0.6	6:04	0.2	7:06	5:13	