

































Atlantic Highlands, NJ - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:13	4.4	10:51	4.0	4:08	0.5	4:40	0.0	7:19	4:40	
2	Fri	10:58	4.2	11:37	4.1	4:48	0.6	5:17	0.1	7:19	4:41	
3	Sat	11:49	4.1			5:39	0.7	6:02	0.1	7:19	4:42	
4	Sun	12:26	4.3	12:44	4.0	6:49	0.7	6:59	0.2	7:19	4:43	
5	Mon	1:19	4.5	1:43	3.9	8:06	0.6	8:06	0.1	7:19	4:44	
6	Tue	2:17	4.7	2:49	3.8	9:17	0.3	9:11	-0.1	7:19	4:45	
7	Wed	3:23	5.0	4:01	3.9	10:20	0.0	10:13	-0.3	7:19	4:46	
8	Thu	4:31	5.3	5:07	4.2	11:18	-0.4	11:12	-0.5	7:19	4:47	
9	Fri	5:32	5.6	6:06	4.5			12:13	-0.7	7:18	4:48	
10	Sat	6:27	5.8	7:00	4.8	12:10	-0.8	1:08	-1.0	7:18	4:49	
11	Sun	7:19	5.9	7:53	5.0	1:07	-0.9	1:59	-1.2	7:18	4:50	
12	Mon	8:10	5.9	8:45	5.0	2:02	-1.0	2:48	-1.3	7:18	4:51	
13	Tue	9:01	5.6	9:38	5.0	2:54	-0.9	3:34	-1.2	7:17	4:52	
14	Wed	9:52	5.3	10:31	4.9	3:44	-0.7	4:19	-1.0	7:17	4:53	
15	Thu	10:44	4.9	11:24	4.8	4:33	-0.4	5:04	-0.7	7:16	4:54	
16	Fri	11:36	4.5			5:25	-0.1	5:51	-0.3	7:16	4:55	
17	Sat	12:15	4.6	12:27	4.1	6:22	0.3	6:43	0.0	7:16	4:56	
18	Sun	1:04	4.5	1:18	3.8	7:25	0.5	7:38	0.3	7:15	4:57	
19	Mon	1:53	4.3	2:10	3.5	8:28	0.6	8:34	0.5	7:15	4:58	
20	Tue	2:46	4.3	3:08	3.4	9:27	0.5	9:28	0.5	7:14	5:00	
21	Wed	3:42	4.2	4:09	3.4	10:20	0.4	10:19	0.4	7:13	5:01	
22	Thu	4:38	4.3	5:05	3.5	11:07	0.3	11:06	0.3	7:13	5:02	
23	Fri	5:28	4.5	5:53	3.7	11:53	0.1	11:51	0.2	7:12	5:03	
24	Sat	6:11	4.7	6:36	3.9			12:36	-0.1	7:11	5:04	
25	Sun	6:50	4.8	7:14	4.0	12:36	0.1	1:18	-0.3	7:11	5:06	
26	Mon	7:27	4.8	7:51	4.1	1:19	0.0	1:57	-0.4	7:10	5:07	
27	Tue	8:02	4.8	8:26	4.2	2:00	-0.1	2:33	-0.4	7:09	5:08	
28	Wed	8:35	4.7	9:00	4.2	2:39	-0.1	3:07	-0.5	7:08	5:09	
29	Thu	9:10	4.6	9:35	4.3	3:15	-0.1	3:38	-0.4	7:07	5:10	
30	Fri	9:47	4.4	10:14	4.4	3:51	0.0	4:09	-0.3	7:06	5:12	
31	Sat	10:31	4.2	11:00	4.4	4:30	0.1	4:43	-0.2	7:05	5:13	