
































Atlantic Highlands, NJ - Apr 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:18	5.2	1:06	4.2	7:00	0.2	6:56	0.4	6:39	7:20	
2	Thu	1:23	5.0	2:09	4.2	8:12	0.4	8:15	0.5	6:37	7:21	
3	Fri	2:28	4.9	3:13	4.3	9:23	0.3	9:32	0.5	6:35	7:22	
4	Sat	3:34	4.8	4:19	4.5	10:26	0.1	10:39	0.3	6:34	7:23	
5	Sun	4:41	4.9	5:22	4.9	11:20	-0.1	11:38	0.0	6:32	7:24	
6	Mon	5:43	5.0	6:17	5.2			12:10	-0.3	6:31	7:25	
7	Tue	6:37	5.1	7:05	5.5	12:31	-0.2	12:56	-0.5	6:29	7:26	
8	Wed	7:24	5.2	7:49	5.7	1:22	-0.4	1:41	-0.5	6:27	7:27	
9	Thu	8:08	5.1	8:30	5.7	2:10	-0.5	2:24	-0.4	6:26	7:28	
10	Fri	8:50	5.0	9:11	5.6	2:55	-0.4	3:05	-0.2	6:24	7:30	
11	Sat	9:33	4.7	9:51	5.4	3:38	-0.3	3:44	0.0	6:23	7:31	
12	Sun	10:16	4.5	10:32	5.2	4:19	-0.2	4:20	0.3	6:21	7:32	
13	Mon	11:01	4.2	11:15	4.9	4:58	0.1	4:56	0.6	6:20	7:33	
14	Tue	11:50	4.0			5:38	0.4	5:33	0.9	6:18	7:34	
15	Wed	12:03	4.6	12:42	3.8	6:22	0.7	6:16	1.2	6:16	7:35	
16	Thu	12:53	4.4	1:33	3.8	7:15	0.9	7:14	1.4	6:15	7:36	
17	Fri	1:44	4.2	2:24	3.8	8:17	1.0	8:28	1.5	6:13	7:37	
18	Sat	2:36	4.2	3:17	3.9	9:17	1.0	9:37	1.4	6:12	7:38	
19	Sun	3:30	4.2	4:11	4.1	10:11	0.8	10:35	1.1	6:11	7:39	
20	Mon	4:28	4.3	5:05	4.4	10:58	0.6	11:26	0.8	6:09	7:40	
21	Tue	5:23	4.4	5:52	4.8	11:42	0.4			6:08	7:41	
22	Wed	6:13	4.6	6:35	5.2	12:14	0.5	12:24	0.2	6:06	7:42	
23	Thu	6:58	4.8	7:15	5.5	1:01	0.2	1:06	0.0	6:05	7:43	
24	Fri	7:41	4.9	7:55	5.8	1:48	-0.1	1:49	-0.1	6:03	7:44	
25	Sat	8:25	4.9	8:36	6.0	2:36	-0.3	2:34	-0.2	6:02	7:45	
26	Sun	9:11	4.9	9:22	6.0	3:24	-0.4	3:20	-0.2	6:01	7:46	
27	Mon	10:01	4.8	10:12	5.9	4:12	-0.4	4:07	-0.1	5:59	7:47	
28	Tue	10:57	4.7	11:09	5.7	5:00	-0.3	4:56	0.0	5:58	7:48	
29	Wed	11:58	4.6			5:52	-0.1	5:50	0.3	5:57	7:49	
30	Thu	12:12	5.5	1:01	4.6	6:50	0.1	6:54	0.5	5:55	7:50	