

Atlantic Highlands, NJ - Jun 2009

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 2:52 | 4.9 | 3:35 | 5.3 | 9:29 | 0.2 | 10:04 | 0.7 | 5:27 | 8:20 | ☾ |
| 2 | Tue | 3:49 | 4.6 | 4:30 | 5.4 | 10:21 | 0.3 | 11:00 | 0.6 | 5:27 | 8:20 | ☾ |
| 3 | Wed | 4:47 | 4.5 | 5:24 | 5.5 | 11:09 | 0.3 | 11:51 | 0.5 | 5:27 | 8:21 | ☾ |
| 4 | Thu | 5:44 | 4.4 | 6:13 | 5.6 | 11:55 | 0.4 | | | 5:26 | 8:22 | ☾ |
| 5 | Fri | 6:35 | 4.4 | 6:57 | 5.6 | 12:39 | 0.4 | 12:38 | 0.5 | 5:26 | 8:22 | ☾ |
| 6 | Sat | 7:21 | 4.5 | 7:38 | 5.6 | 1:25 | 0.3 | 1:22 | 0.5 | 5:26 | 8:23 | ☾ |
| 7 | Sun | 8:04 | 4.5 | 8:18 | 5.6 | 2:10 | 0.3 | 2:05 | 0.6 | 5:25 | 8:24 | ☾ |
| 8 | Mon | 8:46 | 4.4 | 8:57 | 5.5 | 2:54 | 0.2 | 2:48 | 0.7 | 5:25 | 8:24 | ☾ |
| 9 | Tue | 9:28 | 4.4 | 9:36 | 5.3 | 3:34 | 0.3 | 3:29 | 0.8 | 5:25 | 8:25 | ☾ |
| 10 | Wed | 10:11 | 4.3 | 10:15 | 5.1 | 4:13 | 0.3 | 4:08 | 0.9 | 5:25 | 8:25 | ☾ |
| 11 | Thu | 10:55 | 4.2 | 10:55 | 4.9 | 4:49 | 0.4 | 4:46 | 1.1 | 5:25 | 8:26 | ☾ |
| 12 | Fri | 11:40 | 4.2 | 11:38 | 4.7 | 5:25 | 0.5 | 5:23 | 1.2 | 5:25 | 8:26 | ☾ |
| 13 | Sat | | | 12:25 | 4.2 | 6:01 | 0.6 | 6:05 | 1.3 | 5:25 | 8:27 | ☾ |
| 14 | Sun | 12:22 | 4.6 | 1:08 | 4.4 | 6:41 | 0.7 | 6:57 | 1.4 | 5:25 | 8:27 | ☾ |
| 15 | Mon | 1:07 | 4.5 | 1:50 | 4.5 | 7:26 | 0.8 | 8:02 | 1.4 | 5:25 | 8:28 | ☾ |
| 16 | Tue | 1:55 | 4.4 | 2:34 | 4.8 | 8:18 | 0.8 | 9:11 | 1.3 | 5:25 | 8:28 | ☾ |
| 17 | Wed | 2:46 | 4.3 | 3:23 | 5.0 | 9:13 | 0.7 | 10:15 | 1.0 | 5:25 | 8:28 | ☾ |
| 18 | Thu | 3:45 | 4.3 | 4:19 | 5.3 | 10:09 | 0.6 | 11:13 | 0.7 | 5:25 | 8:29 | ☾ |
| 19 | Fri | 4:51 | 4.3 | 5:19 | 5.6 | 11:04 | 0.4 | | | 5:25 | 8:29 | ☾ |
| 20 | Sat | 5:55 | 4.5 | 6:16 | 6.0 | 12:08 | 0.3 | 11:58 AM | 0.2 | 5:25 | 8:29 | ☾ |
| 21 | Sun | 6:53 | 4.7 | 7:11 | 6.3 | 1:03 | 0.0 | 12:54 | 0.0 | 5:26 | 8:29 | ☾ |
| 22 | Mon | 7:47 | 5.0 | 8:03 | 6.4 | 1:58 | -0.3 | 1:51 | -0.1 | 5:26 | 8:30 | ☾ |
| 23 | Tue | 8:41 | 5.1 | 8:56 | 6.4 | 2:52 | -0.5 | 2:48 | -0.2 | 5:26 | 8:30 | ☾ |
| 24 | Wed | 9:37 | 5.3 | 9:50 | 6.3 | 3:43 | -0.6 | 3:44 | -0.2 | 5:26 | 8:30 | ☾ |
| 25 | Thu | 10:34 | 5.3 | 10:46 | 6.0 | 4:32 | -0.7 | 4:37 | -0.1 | 5:27 | 8:30 | ☾ |
| 26 | Fri | 11:32 | 5.4 | 11:43 | 5.7 | 5:21 | -0.6 | 5:30 | 0.1 | 5:27 | 8:30 | ☾ |
| 27 | Sat | | | 12:29 | 5.4 | 6:10 | -0.4 | 6:27 | 0.4 | 5:28 | 8:30 | ☾ |
| 28 | Sun | 12:39 | 5.4 | 1:23 | 5.4 | 7:02 | -0.1 | 7:29 | 0.6 | 5:28 | 8:30 | ☾ |
| 29 | Mon | 1:33 | 5.1 | 2:15 | 5.4 | 7:58 | 0.1 | 8:35 | 0.8 | 5:28 | 8:30 | ☾ |
| 30 | Tue | 2:26 | 4.7 | 3:06 | 5.3 | 8:53 | 0.4 | 9:38 | 0.9 | 5:29 | 8:30 | ☾ |