

































## Atlantic Highlands, NJ - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:19	4.4	3:58	5.3	9:47	0.5	10:36	0.8	5:29	8:30	
2	Thu	4:16	4.2	4:52	5.3	10:38	0.7	11:28	0.7	5:30	8:30	
3	Fri	5:15	4.1	5:45	5.3	11:25	0.7			5:30	8:29	
4	Sat	6:10	4.2	6:32	5.4	12:16	0.6	12:11	0.8	5:31	8:29	
5	Sun	6:59	4.3	7:16	5.4	1:02	0.5	12:56	0.8	5:32	8:29	
6	Mon	7:43	4.4	7:56	5.5	1:46	0.4	1:41	0.8	5:32	8:29	
7	Tue	8:24	4.4	8:35	5.4	2:29	0.4	2:25	0.8	5:33	8:28	
8	Wed	9:05	4.5	9:13	5.3	3:10	0.3	3:08	0.8	5:33	8:28	
9	Thu	9:44	4.5	9:49	5.2	3:47	0.3	3:47	0.8	5:34	8:28	
10	Fri	10:24	4.5	10:25	5.0	4:22	0.3	4:25	0.9	5:35	8:27	
11	Sat	11:02	4.5	11:02	4.9	4:55	0.3	5:01	1.0	5:35	8:27	
12	Sun	11:41	4.5	11:42	4.7	5:27	0.4	5:38	1.1	5:36	8:26	
13	Mon			12:22	4.6	5:59	0.5	6:22	1.2	5:37	8:26	
14	Tue	12:28	4.5	1:06	4.8	6:37	0.6	7:20	1.3	5:38	8:25	
15	Wed	1:18	4.4	1:52	5.0	7:25	0.7	8:33	1.2	5:38	8:25	
16	Thu	2:12	4.3	2:45	5.2	8:25	0.7	9:44	1.1	5:39	8:24	
17	Fri	3:13	4.2	3:45	5.4	9:32	0.6	10:49	0.8	5:40	8:24	
18	Sat	4:22	4.3	4:52	5.7	10:37	0.5	11:48	0.4	5:41	8:23	
19	Sun	5:33	4.5	5:57	6.0	11:38	0.2			5:42	8:22	
20	Mon	6:35	4.8	6:56	6.2	12:44	0.1	12:38	0.0	5:43	8:21	
21	Tue	7:32	5.1	7:50	6.4	1:39	-0.3	1:37	-0.2	5:43	8:21	
22	Wed	8:26	5.4	8:42	6.4	2:32	-0.5	2:34	-0.3	5:44	8:20	
23	Thu	9:19	5.6	9:34	6.3	3:23	-0.7	3:29	-0.4	5:45	8:19	
24	Fri	10:12	5.7	10:26	6.0	4:10	-0.8	4:21	-0.3	5:46	8:18	
25	Sat	11:07	5.7	11:19	5.7	4:56	-0.6	5:12	0.0	5:47	8:17	
26	Sun			12:01	5.6	5:41	-0.4	6:04	0.3	5:48	8:16	
27	Mon	12:13	5.3	12:53	5.5	6:28	0.0	7:01	0.6	5:49	8:16	
28	Tue	1:06	4.9	1:44	5.4	7:19	0.4	8:03	0.9	5:50	8:15	
29	Wed	1:58	4.5	2:34	5.2	8:14	0.7	9:07	1.0	5:51	8:14	
30	Thu	2:50	4.2	3:25	5.1	9:11	0.9	10:07	1.1	5:52	8:13	
31	Fri	3:46	4.0	4:19	5.0	10:07	1.0	11:01	1.0	5:52	8:12	