































## Atlantic Highlands, NJ - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:46	4.0	5:16	5.0	10:59	1.0	11:50	0.9	5:53	8:11	
2	Sun	5:45	4.1	6:07	5.1	11:47	1.0			5:54	8:09	
3	Mon	6:35	4.3	6:53	5.3	12:35	0.7	12:33	0.9	5:55	8:08	
4	Tue	7:20	4.4	7:34	5.4	1:18	0.6	1:18	0.8	5:56	8:07	
5	Wed	8:00	4.6	8:11	5.4	2:00	0.4	2:02	0.7	5:57	8:06	
6	Thu	8:38	4.7	8:47	5.4	2:40	0.3	2:45	0.7	5:58	8:05	
7	Fri	9:14	4.8	9:21	5.3	3:17	0.2	3:25	0.7	5:59	8:04	
8	Sat	9:48	4.8	9:55	5.1	3:51	0.2	4:02	0.7	6:00	8:02	
9	Sun	10:21	4.9	10:30	4.9	4:23	0.3	4:38	0.8	6:01	8:01	
10	Mon	10:57	4.9	11:09	4.7	4:53	0.4	5:15	0.9	6:02	8:00	
11	Tue	11:38	5.0	11:57	4.5	5:24	0.5	5:57	1.0	6:03	7:59	
12	Wed			12:26	5.1	6:00	0.6	6:52	1.1	6:04	7:57	
13	Thu	12:51	4.4	1:20	5.2	6:46	0.7	8:05	1.2	6:05	7:56	
14	Fri	1:51	4.3	2:19	5.3	7:52	0.8	9:22	1.1	6:06	7:55	
15	Sat	2:55	4.2	3:23	5.4	9:09	0.8	10:30	0.8	6:07	7:53	
16	Sun	4:05	4.3	4:34	5.6	10:22	0.6	11:30	0.4	6:08	7:52	
17	Mon	5:17	4.6	5:42	5.9	11:27	0.3			6:09	7:50	
18	Tue	6:20	5.0	6:41	6.1	12:25	0.1	12:26	0.0	6:10	7:49	
19	Wed	7:16	5.5	7:34	6.3	1:18	-0.3	1:24	-0.2	6:11	7:48	
20	Thu	8:07	5.8	8:24	6.3	2:09	-0.5	2:19	-0.3	6:12	7:46	
21	Fri	8:57	6.0	9:13	6.2	2:57	-0.7	3:12	-0.4	6:13	7:45	
22	Sat	9:46	6.0	10:01	5.9	3:43	-0.7	4:02	-0.3	6:14	7:43	
23	Sun	10:36	5.9	10:51	5.5	4:26	-0.5	4:50	0.0	6:15	7:42	
24	Mon	11:27	5.7	11:43	5.1	5:09	-0.2	5:38	0.3	6:16	7:40	
25	Tue			12:18	5.5	5:51	0.3	6:29	0.7	6:17	7:39	
26	Wed	12:37	4.7	1:09	5.3	6:38	0.7	7:26	1.0	6:18	7:37	
27	Thu	1:30	4.4	1:59	5.1	7:31	1.1	8:30	1.2	6:18	7:36	
28	Fri	2:22	4.1	2:51	4.9	8:33	1.3	9:34	1.3	6:19	7:34	
29	Sat	3:17	4.0	3:45	4.8	9:35	1.4	10:31	1.2	6:20	7:32	
30	Sun	4:17	4.0	4:43	4.8	10:32	1.3	11:20	1.0	6:21	7:31	
31	Mon	5:16	4.2	5:38	5.0	11:23	1.2			6:22	7:29	