
































## Atlantic Highlands, NJ - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:08	4.4	6:25	5.2	12:04	0.8	12:09	1.0	6:23	7:28	
2	Wed	6:52	4.7	7:06	5.3	12:46	0.6	12:54	0.8	6:24	7:26	
3	Thu	7:31	4.9	7:44	5.4	1:26	0.4	1:37	0.7	6:25	7:25	
4	Fri	8:06	5.1	8:19	5.4	2:04	0.3	2:20	0.6	6:26	7:23	
5	Sat	8:40	5.2	8:53	5.3	2:41	0.2	3:01	0.5	6:27	7:21	
6	Sun	9:12	5.3	9:27	5.2	3:16	0.2	3:40	0.5	6:28	7:20	
7	Mon	9:44	5.4	10:04	5.0	3:50	0.3	4:18	0.6	6:29	7:18	
8	Tue	10:20	5.4	10:46	4.7	4:22	0.4	4:57	0.7	6:30	7:16	
9	Wed	11:04	5.4	11:37	4.5	4:56	0.5	5:41	0.8	6:31	7:15	
10	Thu	11:58	5.4			5:35	0.6	6:36	1.0	6:32	7:13	
11	Fri	12:37	4.4	1:00	5.3	6:26	0.8	7:49	1.1	6:33	7:11	
12	Sat	1:42	4.3	2:04	5.3	7:37	1.0	9:06	1.0	6:34	7:10	
13	Sun	2:47	4.4	3:11	5.4	9:00	0.9	10:13	0.8	6:35	7:08	
14	Mon	3:55	4.6	4:21	5.5	10:14	0.7	11:12	0.4	6:36	7:06	
15	Tue	5:04	4.9	5:27	5.7	11:17	0.4			6:37	7:05	
16	Wed	6:05	5.4	6:25	5.9	12:04	0.0	12:15	0.1	6:38	7:03	
17	Thu	6:58	5.8	7:16	6.1	12:54	-0.3	1:09	-0.1	6:39	7:01	
18	Fri	7:46	6.1	8:03	6.0	1:42	-0.4	2:02	-0.3	6:40	7:00	
19	Sat	8:33	6.2	8:49	5.9	2:28	-0.5	2:53	-0.3	6:41	6:58	
20	Sun	9:18	6.2	9:35	5.6	3:13	-0.4	3:40	-0.2	6:42	6:56	
21	Mon	10:03	6.0	10:23	5.2	3:55	-0.2	4:26	0.0	6:43	6:55	
22	Tue	10:50	5.7	11:13	4.8	4:36	0.2	5:10	0.4	6:44	6:53	
23	Wed	11:39	5.4			5:16	0.6	5:56	0.7	6:44	6:51	
24	Thu	12:06	4.5	12:31	5.1	5:58	1.0	6:48	1.1	6:45	6:50	
25	Fri	1:00	4.2	1:23	4.9	6:47	1.3	7:49	1.3	6:46	6:48	
26	Sat	1:54	4.1	2:15	4.7	7:50	1.6	8:54	1.4	6:47	6:46	
27	Sun	2:48	4.0	3:09	4.7	8:59	1.6	9:53	1.3	6:48	6:45	
28	Mon	3:44	4.1	4:05	4.7	10:01	1.5	10:43	1.1	6:49	6:43	
29	Tue	4:41	4.3	5:00	4.8	10:55	1.3	11:27	0.9	6:50	6:41	
30	Wed	5:33	4.5	5:50	4.9	11:42	1.1			6:51	6:40	