

































Atlantic Highlands, NJ - Nov 2009

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 5:57 | 5.5 | 6:20 | 4.9 | 12:45 | 0.3 | 12:27 | 0.3 | 6:26 | 4:53 |  |
| 2 | Mon | 6:34 | 5.8 | 7:01 | 5.0 | 12:26 | 0.1 | 1:13 | 0.1 | 6:27 | 4:51 |  |
| 3 | Tue | 7:13 | 6.0 | 7:44 | 4.9 | 1:09 | 0.1 | 2:00 | 0.0 | 6:28 | 4:50 |  |
| 4 | Wed | 7:55 | 6.0 | 8:30 | 4.8 | 1:54 | 0.1 | 2:47 | -0.1 | 6:29 | 4:49 |  |
| 5 | Thu | 8:41 | 5.9 | 9:22 | 4.7 | 2:39 | 0.1 | 3:34 | 0.0 | 6:30 | 4:48 |  |
| 6 | Fri | 9:34 | 5.8 | 10:22 | 4.6 | 3:26 | 0.2 | 4:23 | 0.1 | 6:32 | 4:47 |  |
| 7 | Sat | 10:35 | 5.6 | 11:26 | 4.6 | 4:17 | 0.4 | 5:18 | 0.3 | 6:33 | 4:46 |  |
| 8 | Sun | 11:40 | 5.4 | | | 5:16 | 0.6 | 6:20 | 0.4 | 6:34 | 4:45 |  |
| 9 | Mon | 12:29 | 4.6 | 12:43 | 5.2 | 6:27 | 0.7 | 7:26 | 0.4 | 6:35 | 4:44 |  |
| 10 | Tue | 1:29 | 4.8 | 1:43 | 5.1 | 7:43 | 0.7 | 8:28 | 0.2 | 6:36 | 4:43 |  |
| 11 | Wed | 2:28 | 5.0 | 2:44 | 5.0 | 8:52 | 0.6 | 9:24 | 0.1 | 6:37 | 4:42 |  |
| 12 | Thu | 3:27 | 5.3 | 3:45 | 4.9 | 9:52 | 0.4 | 10:14 | -0.1 | 6:39 | 4:41 |  |
| 13 | Fri | 4:24 | 5.5 | 4:43 | 4.9 | 10:47 | 0.1 | 11:01 | -0.1 | 6:40 | 4:40 |  |
| 14 | Sat | 5:15 | 5.7 | 5:35 | 4.9 | 11:37 | 0.0 | 11:46 | -0.1 | 6:41 | 4:39 |  |
| 15 | Sun | 6:01 | 5.9 | 6:22 | 4.9 | | | 12:25 | -0.1 | 6:42 | 4:38 |  |
| 16 | Mon | 6:44 | 5.9 | 7:06 | 4.8 | 12:31 | -0.1 | 1:12 | -0.1 | 6:43 | 4:38 |  |
| 17 | Tue | 7:25 | 5.8 | 7:49 | 4.7 | 1:15 | 0.1 | 1:58 | -0.1 | 6:44 | 4:37 |  |
| 18 | Wed | 8:06 | 5.6 | 8:32 | 4.5 | 1:57 | 0.2 | 2:40 | 0.0 | 6:46 | 4:36 |  |
| 19 | Thu | 8:47 | 5.4 | 9:17 | 4.3 | 2:38 | 0.4 | 3:21 | 0.2 | 6:47 | 4:35 |  |
| 20 | Fri | 9:30 | 5.1 | 10:05 | 4.1 | 3:17 | 0.6 | 4:00 | 0.3 | 6:48 | 4:35 |  |
| 21 | Sat | 10:16 | 4.8 | 10:56 | 4.0 | 3:56 | 0.9 | 4:40 | 0.5 | 6:49 | 4:34 |  |
| 22 | Sun | 11:04 | 4.6 | 11:47 | 3.9 | 4:36 | 1.1 | 5:23 | 0.7 | 6:50 | 4:34 |  |
| 23 | Mon | 11:54 | 4.4 | | | 5:23 | 1.3 | 6:12 | 0.8 | 6:51 | 4:33 |  |
| 24 | Tue | 12:35 | 4.0 | 12:42 | 4.3 | 6:23 | 1.4 | 7:06 | 0.9 | 6:52 | 4:33 |  |
| 25 | Wed | 1:22 | 4.0 | 1:29 | 4.2 | 7:33 | 1.4 | 8:00 | 0.8 | 6:53 | 4:32 |  |
| 26 | Thu | 2:08 | 4.2 | 2:19 | 4.1 | 8:37 | 1.3 | 8:51 | 0.7 | 6:55 | 4:32 |  |
| 27 | Fri | 2:56 | 4.4 | 3:14 | 4.1 | 9:33 | 1.0 | 9:38 | 0.5 | 6:56 | 4:31 |  |
| 28 | Sat | 3:47 | 4.7 | 4:11 | 4.2 | 10:24 | 0.7 | 10:23 | 0.3 | 6:57 | 4:31 |  |
| 29 | Sun | 4:37 | 5.1 | 5:04 | 4.3 | 11:13 | 0.3 | 11:09 | 0.1 | 6:58 | 4:30 |  |
| 30 | Mon | 5:23 | 5.4 | 5:53 | 4.5 | | | 12:02 | 0.0 | 6:59 | 4:30 |  |