

































Atlantic Highlands, NJ - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:09	5.7	6:41	4.6			12:52	-0.2	7:00	4:30	
2	Wed	6:54	5.9	7:28	4.7	12:44	-0.2	1:43	-0.4	7:01	4:30	
3	Thu	7:41	6.0	8:19	4.7	1:35	-0.3	2:33	-0.5	7:02	4:29	
4	Fri	8:32	5.9	9:13	4.7	2:27	-0.3	3:21	-0.6	7:03	4:29	
5	Sat	9:27	5.8	10:12	4.7	3:18	-0.3	4:10	-0.5	7:04	4:29	
6	Sun	10:26	5.5	11:13	4.7	4:11	-0.1	5:01	-0.4	7:05	4:29	
7	Mon	11:26	5.2			5:08	0.1	5:57	-0.2	7:05	4:29	
8	Tue	12:13	4.8	12:25	5.0	6:14	0.3	6:57	-0.1	7:06	4:29	
9	Wed	1:10	4.9	1:22	4.7	7:24	0.4	7:57	-0.1	7:07	4:29	
10	Thu	2:05	5.0	2:19	4.5	8:32	0.4	8:54	-0.1	7:08	4:29	
11	Fri	3:02	5.1	3:19	4.3	9:34	0.3	9:47	0.0	7:09	4:29	
12	Sat	3:59	5.2	4:19	4.2	10:29	0.1	10:35	0.0	7:10	4:29	
13	Sun	4:52	5.3	5:14	4.2	11:19	0.0	11:21	0.0	7:10	4:30	
14	Mon	5:40	5.3	6:03	4.3			12:07	-0.1	7:11	4:30	
15	Tue	6:23	5.4	6:47	4.3	12:06	0.0	12:53	-0.2	7:12	4:30	
16	Wed	7:05	5.3	7:30	4.2	12:51	0.1	1:37	-0.2	7:12	4:30	
17	Thu	7:44	5.2	8:11	4.2	1:34	0.2	2:19	-0.2	7:13	4:31	
18	Fri	8:24	5.1	8:53	4.1	2:16	0.2	2:58	-0.1	7:14	4:31	
19	Sat	9:03	4.9	9:35	4.0	2:55	0.3	3:34	0.0	7:14	4:32	
20	Sun	9:43	4.7	10:19	3.9	3:33	0.5	4:09	0.1	7:15	4:32	
21	Mon	10:24	4.4	11:04	3.9	4:10	0.6	4:45	0.2	7:15	4:32	
22	Tue	11:07	4.2	11:48	3.9	4:48	0.8	5:22	0.3	7:16	4:33	
23	Wed	11:52	4.0			5:34	1.0	6:04	0.4	7:16	4:34	
24	Thu	12:31	4.0	12:38	3.9	6:35	1.1	6:53	0.5	7:17	4:34	
25	Fri	1:14	4.1	1:27	3.8	7:45	1.0	7:50	0.5	7:17	4:35	
26	Sat	2:01	4.3	2:23	3.7	8:52	0.8	8:48	0.4	7:17	4:35	
27	Sun	2:55	4.5	3:27	3.7	9:52	0.5	9:43	0.2	7:18	4:36	
28	Mon	3:55	4.8	4:32	3.9	10:47	0.2	10:38	-0.1	7:18	4:37	
29	Tue	4:54	5.2	5:30	4.1	11:40	-0.2	11:31	-0.3	7:18	4:37	
30	Wed	5:48	5.5	6:23	4.4			12:33	-0.5	7:18	4:38	
31	Thu	6:40	5.8	7:14	4.6	12:26	-0.5	1:26	-0.8	7:19	4:39	