

































Atlantic Highlands, NJ - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:30	6.0	8:05	4.9	1:22	-0.8	2:15	-1.1	7:19	4:40	
2	Sat	8:21	5.9	8:59	5.0	2:16	-0.9	3:03	-1.2	7:19	4:41	
3	Sun	9:13	5.7	9:54	5.0	3:08	-0.9	3:50	-1.2	7:19	4:42	
4	Mon	10:08	5.4	10:51	5.0	3:59	-0.7	4:37	-1.0	7:19	4:42	
5	Tue	11:04	5.1	11:47	5.0	4:53	-0.4	5:27	-0.7	7:19	4:43	
6	Wed			12:01	4.7	5:52	-0.1	6:22	-0.4	7:19	4:44	
7	Thu	12:42	4.9	12:56	4.3	6:57	0.1	7:21	-0.2	7:19	4:45	
8	Fri	1:36	4.8	1:51	4.0	8:05	0.3	8:20	0.0	7:19	4:46	
9	Sat	2:31	4.7	2:50	3.8	9:09	0.3	9:18	0.1	7:18	4:47	
10	Sun	3:29	4.6	3:53	3.7	10:06	0.2	10:10	0.1	7:18	4:48	
11	Mon	4:26	4.7	4:52	3.7	10:58	0.1	10:59	0.1	7:18	4:49	
12	Tue	5:18	4.8	5:44	3.8	11:45	0.0	11:46	0.1	7:18	4:50	
13	Wed	6:04	4.9	6:29	4.0			12:30	-0.1	7:17	4:51	
14	Thu	6:46	4.9	7:10	4.1	12:31	0.0	1:13	-0.2	7:17	4:53	
15	Fri	7:25	4.9	7:49	4.1	1:15	0.0	1:54	-0.3	7:17	4:54	
16	Sat	8:02	4.8	8:28	4.1	1:56	0.0	2:31	-0.4	7:16	4:55	
17	Sun	8:39	4.7	9:05	4.1	2:36	0.0	3:06	-0.3	7:16	4:56	
18	Mon	9:14	4.5	9:42	4.1	3:12	0.1	3:38	-0.3	7:15	4:57	
19	Tue	9:49	4.3	10:18	4.0	3:47	0.2	4:09	-0.2	7:15	4:58	
20	Wed	10:26	4.1	10:56	4.0	4:22	0.4	4:39	0.0	7:14	4:59	
21	Thu	11:08	3.9	11:38	4.1	5:00	0.5	5:12	0.1	7:13	5:01	
22	Fri	11:55	3.7			5:49	0.7	5:54	0.2	7:13	5:02	
23	Sat	12:24	4.2	12:48	3.6	6:57	0.7	6:52	0.3	7:12	5:03	
24	Sun	1:15	4.3	1:46	3.5	8:14	0.7	8:03	0.3	7:11	5:04	
25	Mon	2:15	4.5	2:54	3.5	9:23	0.4	9:13	0.1	7:11	5:05	
26	Tue	3:23	4.7	4:06	3.7	10:23	0.0	10:16	-0.2	7:10	5:06	
27	Wed	4:31	5.0	5:10	4.1	11:19	-0.4	11:15	-0.5	7:09	5:08	
28	Thu	5:31	5.4	6:06	4.5			12:12	-0.8	7:08	5:09	
29	Fri	6:25	5.7	6:58	4.9	12:12	-0.8	1:04	-1.1	7:07	5:10	
30	Sat	7:16	5.9	7:49	5.2	1:08	-1.1	1:53	-1.3	7:07	5:11	
31	Sun	8:06	5.8	8:39	5.3	2:02	-1.2	2:41	-1.5	7:06	5:13	