






























Atlantic Highlands, NJ - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:28	4.7	5:59	0.7	6:38	1.3	5:53	8:11	
2	Mon	12:43	4.3	1:11	4.8	6:36	0.9	7:38	1.4	5:54	8:10	
3	Tue	1:32	4.1	1:57	4.9	7:26	1.0	8:49	1.4	5:55	8:09	
4	Wed	2:25	4.0	2:49	5.0	8:31	1.0	9:57	1.2	5:56	8:07	
5	Thu	3:26	4.0	3:51	5.2	9:41	0.9	10:58	0.9	5:57	8:06	
6	Fri	4:34	4.2	4:58	5.5	10:45	0.7	11:53	0.5	5:58	8:05	
7	Sat	5:41	4.5	6:00	5.8	11:45	0.4			5:59	8:04	
8	Sun	6:38	4.9	6:55	6.1	12:45	0.1	12:42	0.1	6:00	8:03	
9	Mon	7:31	5.3	7:47	6.3	1:36	-0.3	1:38	-0.2	6:01	8:01	
10	Tue	8:21	5.7	8:36	6.4	2:26	-0.5	2:34	-0.4	6:02	8:00	
11	Wed	9:12	5.9	9:27	6.3	3:14	-0.7	3:27	-0.5	6:03	7:59	
12	Thu	10:04	6.0	10:19	6.0	4:00	-0.8	4:19	-0.4	6:04	7:58	
13	Fri	10:57	6.0	11:13	5.6	4:46	-0.7	5:10	-0.2	6:05	7:56	
14	Sat	11:52	5.9			5:32	-0.4	6:03	0.2	6:06	7:55	
15	Sun	12:09	5.2	12:48	5.7	6:21	0.0	7:03	0.5	6:07	7:54	
16	Mon	1:06	4.9	1:42	5.5	7:16	0.4	8:08	0.8	6:08	7:52	
17	Tue	2:03	4.6	2:37	5.3	8:18	0.7	9:16	0.9	6:09	7:51	
18	Wed	3:00	4.3	3:33	5.2	9:22	0.9	10:18	0.9	6:10	7:49	
19	Thu	4:01	4.2	4:32	5.1	10:22	1.0	11:13	0.8	6:11	7:48	
20	Fri	5:03	4.2	5:30	5.2	11:16	0.9			6:11	7:46	
21	Sat	6:00	4.4	6:21	5.3	12:01	0.7	12:05	0.9	6:12	7:45	
22	Sun	6:47	4.6	7:04	5.4	12:44	0.6	12:50	0.8	6:13	7:44	
23	Mon	7:29	4.8	7:44	5.4	1:26	0.4	1:34	0.7	6:14	7:42	
24	Tue	8:07	5.0	8:21	5.4	2:05	0.3	2:17	0.6	6:15	7:41	
25	Wed	8:44	5.1	8:56	5.3	2:42	0.3	2:58	0.6	6:16	7:39	
26	Thu	9:19	5.1	9:31	5.1	3:18	0.3	3:37	0.6	6:17	7:38	
27	Fri	9:52	5.1	10:05	4.9	3:51	0.3	4:13	0.7	6:18	7:36	
28	Sat	10:24	5.0	10:40	4.7	4:22	0.5	4:48	0.8	6:19	7:34	
29	Sun	10:57	5.0	11:19	4.4	4:51	0.6	5:24	1.0	6:20	7:33	
30	Mon	11:36	5.0			5:21	0.8	6:04	1.2	6:21	7:31	
31	Tue	12:06	4.3	12:24	5.0	5:56	0.9	6:59	1.3	6:22	7:30	