



Atlantic Highlands, NJ - Jul 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:21	4.7	8:25	5.8	2:32	0.1	2:22	0.4	5:29	8:30	☀
2	Sat	9:05	4.8	9:08	5.9	3:16	-0.1	3:10	0.3	5:30	8:30	☀
3	Sun	9:51	4.9	9:54	5.8	3:58	-0.2	3:57	0.2	5:30	8:30	☀
4	Mon	10:40	5.1	10:44	5.7	4:40	-0.3	4:44	0.2	5:31	8:29	☀
5	Tue	11:33	5.2	11:38	5.4	5:22	-0.2	5:34	0.3	5:31	8:29	☀
6	Wed			12:27	5.3	6:07	-0.1	6:30	0.5	5:32	8:29	☀
7	Thu	12:35	5.2	1:22	5.5	6:58	0.0	7:35	0.6	5:32	8:29	☀
8	Fri	1:32	5.0	2:16	5.6	7:56	0.1	8:45	0.7	5:33	8:28	☀
9	Sat	2:29	4.8	3:13	5.6	8:59	0.2	9:52	0.6	5:34	8:28	☀
10	Sun	3:31	4.6	4:13	5.7	10:00	0.3	10:55	0.4	5:34	8:28	☀
11	Mon	4:37	4.5	5:15	5.8	10:59	0.2	11:52	0.2	5:35	8:27	☀
12	Tue	5:43	4.6	6:13	5.9	11:55	0.2			5:36	8:27	☀
13	Wed	6:41	4.7	7:05	5.9	12:45	0.1	12:48	0.2	5:37	8:26	☀
14	Thu	7:33	4.9	7:53	5.9	1:37	0.0	1:41	0.2	5:37	8:26	☀
15	Fri	8:22	5.0	8:38	5.9	2:25	-0.1	2:31	0.3	5:38	8:25	☀
16	Sat	9:08	5.0	9:22	5.7	3:11	-0.2	3:18	0.3	5:39	8:25	☀
17	Sun	9:53	5.0	10:05	5.4	3:52	-0.1	4:01	0.5	5:40	8:24	☀
18	Mon	10:38	4.9	10:48	5.2	4:30	0.0	4:42	0.6	5:41	8:23	☀
19	Tue	11:23	4.8	11:33	4.9	5:06	0.2	5:23	0.8	5:41	8:23	☀
20	Wed			12:07	4.8	5:41	0.4	6:05	1.1	5:42	8:22	☀
21	Thu	12:18	4.6	12:51	4.7	6:18	0.6	6:54	1.3	5:43	8:21	☀
22	Fri	1:04	4.4	1:34	4.7	6:58	0.8	7:51	1.4	5:44	8:20	☀
23	Sat	1:49	4.2	2:17	4.7	7:47	1.0	8:55	1.4	5:45	8:20	☀
24	Sun	2:37	4.0	3:02	4.7	8:43	1.1	9:55	1.3	5:46	8:19	☀
25	Mon	3:30	3.9	3:54	4.8	9:41	1.1	10:51	1.1	5:47	8:18	☀
26	Tue	4:30	4.0	4:51	5.0	10:37	1.0	11:42	0.8	5:47	8:17	☀
27	Wed	5:31	4.1	5:46	5.3	11:29	0.8			5:48	8:16	☀
28	Thu	6:24	4.4	6:35	5.6	12:30	0.5	12:20	0.6	5:49	8:15	☀
29	Fri	7:11	4.7	7:21	5.9	1:17	0.2	1:10	0.3	5:50	8:14	☀
30	Sat	7:56	5.0	8:06	6.0	2:04	0.0	2:02	0.1	5:51	8:13	☀
31	Sun	8:41	5.3	8:51	6.1	2:49	-0.3	2:52	-0.1	5:52	8:12	☀