

































## Atlantic Highlands, NJ - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:29	4.1	12:33	4.0	6:22	0.8	6:55	0.4	7:19	4:39	
2	Sat	1:15	4.1	1:20	3.8	7:23	0.9	7:48	0.5	7:19	4:40	
3	Sun	2:02	4.1	2:10	3.7	8:25	0.8	8:41	0.5	7:19	4:41	
4	Mon	2:52	4.2	3:05	3.6	9:22	0.7	9:32	0.4	7:19	4:42	
5	Tue	3:45	4.3	4:03	3.7	10:14	0.4	10:19	0.2	7:19	4:43	
6	Wed	4:36	4.6	4:57	3.8	11:02	0.2	11:05	0.1	7:19	4:44	
7	Thu	5:22	4.8	5:44	4.0	11:48	-0.1	11:50	-0.1	7:19	4:45	
8	Fri	6:05	5.1	6:28	4.2			12:35	-0.4	7:19	4:46	
9	Sat	6:46	5.3	7:10	4.4	12:36	-0.3	1:21	-0.6	7:18	4:47	
10	Sun	7:27	5.5	7:52	4.5	1:22	-0.4	2:05	-0.8	7:18	4:48	
11	Mon	8:09	5.5	8:37	4.6	2:08	-0.5	2:49	-0.9	7:18	4:49	
12	Tue	8:55	5.4	9:25	4.6	2:54	-0.6	3:31	-0.9	7:18	4:50	
13	Wed	9:44	5.3	10:18	4.7	3:40	-0.5	4:15	-0.9	7:17	4:51	
14	Thu	10:39	5.1	11:15	4.7	4:29	-0.4	5:01	-0.8	7:17	4:52	
15	Fri	11:36	4.8			5:25	-0.2	5:54	-0.6	7:17	4:53	
16	Sat	12:12	4.8	12:34	4.6	6:31	0.0	6:54	-0.4	7:16	4:54	
17	Sun	1:10	4.8	1:33	4.4	7:42	0.1	7:59	-0.4	7:16	4:55	
18	Mon	2:08	4.8	2:34	4.2	8:52	0.0	9:01	-0.4	7:15	4:57	
19	Tue	3:10	4.9	3:40	4.2	9:55	-0.2	10:00	-0.4	7:15	4:58	
20	Wed	4:14	5.0	4:44	4.3	10:52	-0.4	10:55	-0.5	7:14	4:59	
21	Thu	5:12	5.1	5:40	4.4	11:45	-0.6	11:46	-0.6	7:14	5:00	
22	Fri	6:03	5.3	6:31	4.6			12:35	-0.7	7:13	5:01	
23	Sat	6:50	5.3	7:17	4.6	12:36	-0.6	1:23	-0.8	7:12	5:02	
24	Sun	7:33	5.3	8:02	4.6	1:24	-0.6	2:07	-0.8	7:12	5:04	
25	Mon	8:15	5.1	8:46	4.6	2:10	-0.5	2:48	-0.7	7:11	5:05	
26	Tue	8:57	4.9	9:29	4.4	2:52	-0.4	3:26	-0.6	7:10	5:06	
27	Wed	9:38	4.6	10:14	4.3	3:31	-0.2	4:02	-0.4	7:10	5:07	
28	Thu	10:20	4.4	10:58	4.2	4:10	0.0	4:37	-0.2	7:09	5:08	
29	Fri	11:04	4.1	11:43	4.1	4:50	0.3	5:14	0.1	7:08	5:10	
30	Sat	11:49	3.8			5:35	0.5	5:55	0.3	7:07	5:11	
31	Sun	12:28	4.0	12:35	3.7	6:29	0.7	6:45	0.5	7:06	5:12	