

































Atlantic Highlands, NJ - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:23	5.0	5:53	6.0	11:38	-0.2			5:30	8:30	
2	Sat	6:24	5.1	6:49	6.2	12:31	-0.1	12:32	-0.2	5:30	8:30	
3	Sun	7:19	5.2	7:40	6.3	1:25	-0.3	1:26	-0.2	5:31	8:29	
4	Mon	8:12	5.3	8:29	6.2	2:18	-0.5	2:19	-0.2	5:31	8:29	
5	Tue	9:03	5.3	9:17	6.1	3:09	-0.5	3:11	-0.1	5:32	8:29	
6	Wed	9:54	5.2	10:06	5.8	3:56	-0.4	3:59	0.1	5:32	8:29	
7	Thu	10:45	5.1	10:54	5.5	4:40	-0.3	4:44	0.3	5:33	8:28	
8	Fri	11:36	5.0	11:43	5.2	5:22	-0.1	5:29	0.6	5:34	8:28	
9	Sat			12:26	4.9	6:04	0.2	6:16	0.9	5:34	8:28	
10	Sun	12:32	4.9	1:14	4.8	6:49	0.5	7:09	1.1	5:35	8:27	
11	Mon	1:20	4.6	2:00	4.8	7:37	0.7	8:07	1.3	5:36	8:27	
12	Tue	2:06	4.4	2:45	4.8	8:28	0.9	9:07	1.3	5:36	8:26	
13	Wed	2:53	4.2	3:33	4.8	9:19	0.9	10:04	1.2	5:37	8:26	
14	Thu	3:45	4.1	4:23	4.9	10:10	0.9	10:56	1.0	5:38	8:25	
15	Fri	4:42	4.1	5:15	5.1	10:58	0.9	11:44	0.8	5:39	8:25	
16	Sat	5:38	4.2	6:04	5.2	11:45	0.8			5:40	8:24	
17	Sun	6:28	4.4	6:48	5.5	12:31	0.6	12:31	0.6	5:40	8:23	
18	Mon	7:13	4.5	7:29	5.6	1:17	0.3	1:16	0.5	5:41	8:23	
19	Tue	7:55	4.7	8:09	5.8	2:03	0.1	2:03	0.4	5:42	8:22	
20	Wed	8:37	4.8	8:49	5.8	2:47	-0.1	2:49	0.3	5:43	8:21	
21	Thu	9:19	5.0	9:32	5.8	3:30	-0.2	3:34	0.3	5:44	8:20	
22	Fri	10:04	5.1	10:18	5.7	4:11	-0.3	4:19	0.2	5:45	8:20	
23	Sat	10:53	5.2	11:08	5.6	4:52	-0.3	5:05	0.3	5:45	8:19	
24	Sun	11:46	5.3			5:34	-0.2	5:56	0.4	5:46	8:18	
25	Mon	12:04	5.4	12:41	5.4	6:22	-0.1	6:56	0.6	5:47	8:17	
26	Tue	1:01	5.2	1:37	5.5	7:16	0.1	8:05	0.7	5:48	8:16	
27	Wed	1:59	5.0	2:33	5.5	8:18	0.2	9:15	0.6	5:49	8:15	
28	Thu	2:58	4.9	3:32	5.6	9:22	0.2	10:20	0.5	5:50	8:14	
29	Fri	4:01	4.8	4:35	5.7	10:24	0.2	11:20	0.3	5:51	8:13	
30	Sat	5:08	4.8	5:37	5.8	11:22	0.1			5:52	8:12	
31	Sun	6:09	5.0	6:34	5.9	12:15	0.1	12:17	0.0	5:53	8:11	