

































Atlantic Highlands, NJ - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:46	4.9	4:06	4.1	10:15	0.1	10:26	-0.2	7:19	4:40	
2	Wed	4:41	5.0	5:02	4.1	11:06	-0.1	11:12	-0.2	7:19	4:41	
3	Thu	5:30	5.1	5:51	4.1	11:54	-0.2	11:57	-0.1	7:19	4:41	
4	Fri	6:14	5.1	6:36	4.2			12:40	-0.3	7:19	4:42	
5	Sat	6:55	5.2	7:18	4.2	12:41	-0.1	1:24	-0.3	7:19	4:43	
6	Sun	7:34	5.1	7:59	4.1	1:24	-0.1	2:05	-0.3	7:19	4:44	
7	Mon	8:13	5.0	8:39	4.1	2:05	0.0	2:44	-0.3	7:19	4:45	
8	Tue	8:51	4.8	9:20	4.0	2:45	0.1	3:21	-0.3	7:19	4:46	
9	Wed	9:30	4.6	10:02	3.9	3:22	0.2	3:56	-0.1	7:18	4:47	
10	Thu	10:09	4.4	10:45	3.8	3:58	0.4	4:31	0.0	7:18	4:48	
11	Fri	10:50	4.2	11:28	3.8	4:34	0.6	5:07	0.1	7:18	4:49	
12	Sat	11:34	4.0			5:16	0.7	5:47	0.3	7:18	4:50	
13	Sun	12:11	3.8	12:21	3.9	6:10	0.9	6:36	0.3	7:17	4:51	
14	Mon	12:56	4.0	1:10	3.8	7:20	0.9	7:34	0.3	7:17	4:52	
15	Tue	1:43	4.1	2:06	3.7	8:31	0.7	8:34	0.2	7:17	4:53	
16	Wed	2:38	4.4	3:10	3.8	9:34	0.4	9:32	0.0	7:16	4:55	
17	Thu	3:40	4.7	4:16	3.9	10:32	0.0	10:28	-0.3	7:16	4:56	
18	Fri	4:41	5.1	5:17	4.2	11:26	-0.4	11:22	-0.5	7:15	4:57	
19	Sat	5:37	5.5	6:11	4.5			12:19	-0.7	7:15	4:58	
20	Sun	6:30	5.8	7:03	4.7	12:17	-0.8	1:12	-1.0	7:14	4:59	
21	Mon	7:21	5.9	7:55	4.9	1:12	-1.0	2:03	-1.3	7:14	5:00	
22	Tue	8:12	5.9	8:48	5.0	2:06	-1.1	2:53	-1.4	7:13	5:01	
23	Wed	9:04	5.8	9:43	5.0	2:58	-1.1	3:40	-1.3	7:12	5:03	
24	Thu	9:59	5.5	10:39	5.0	3:50	-1.0	4:28	-1.2	7:12	5:04	
25	Fri	10:55	5.1	11:36	4.9	4:42	-0.7	5:18	-0.9	7:11	5:05	
26	Sat	11:51	4.8			5:39	-0.3	6:12	-0.6	7:10	5:06	
27	Sun	12:31	4.8	12:46	4.4	6:42	0.0	7:10	-0.3	7:09	5:07	
28	Mon	1:24	4.7	1:40	4.1	7:49	0.2	8:10	-0.1	7:08	5:09	
29	Tue	2:18	4.6	2:38	3.8	8:54	0.2	9:07	0.1	7:08	5:10	
30	Wed	3:15	4.5	3:39	3.7	9:52	0.2	10:00	0.1	7:07	5:11	
31	Thu	4:13	4.5	4:39	3.7	10:44	0.1	10:49	0.1	7:06	5:12	