




















Atlantic Highlands, NJ - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:09	4.7	7:22	6.0	1:19	0.2	1:10	0.2	5:29	8:30	
2	Tue	7:58	4.9	8:09	6.2	2:09	-0.1	2:02	0.1	5:30	8:30	
3	Wed	8:47	5.0	8:58	6.3	2:59	-0.3	2:54	-0.1	5:30	8:30	
4	Thu	9:39	5.1	9:49	6.2	3:48	-0.5	3:46	-0.1	5:31	8:29	
5	Fri	10:34	5.2	10:45	6.0	4:36	-0.5	4:38	-0.1	5:31	8:29	
6	Sat	11:32	5.2	11:43	5.8	5:23	-0.5	5:31	0.1	5:32	8:29	
7	Sun			12:30	5.3	6:14	-0.3	6:29	0.3	5:33	8:29	
8	Mon	12:41	5.5	1:27	5.4	7:09	-0.1	7:34	0.5	5:33	8:28	
9	Tue	1:38	5.3	2:21	5.5	8:07	0.0	8:42	0.6	5:34	8:28	
10	Wed	2:34	5.0	3:16	5.5	9:06	0.1	9:47	0.6	5:35	8:28	
11	Thu	3:31	4.8	4:12	5.5	10:03	0.2	10:47	0.5	5:35	8:27	
12	Fri	4:32	4.6	5:10	5.6	10:56	0.3	11:41	0.4	5:36	8:27	
13	Sat	5:32	4.5	6:03	5.7	11:46	0.3			5:37	8:26	
14	Sun	6:28	4.6	6:51	5.7	12:32	0.3	12:34	0.4	5:37	8:26	
15	Mon	7:17	4.6	7:36	5.7	1:20	0.2	1:21	0.4	5:38	8:25	
16	Tue	8:02	4.7	8:18	5.7	2:07	0.2	2:07	0.5	5:39	8:24	
17	Wed	8:45	4.7	8:58	5.6	2:51	0.1	2:51	0.6	5:40	8:24	
18	Thu	9:28	4.6	9:39	5.4	3:31	0.1	3:33	0.6	5:41	8:23	
19	Fri	10:11	4.6	10:19	5.2	4:10	0.2	4:13	0.8	5:41	8:23	
20	Sat	10:54	4.5	11:00	5.0	4:46	0.3	4:51	0.9	5:42	8:22	
21	Sun	11:38	4.5	11:42	4.8	5:20	0.4	5:29	1.1	5:43	8:21	
22	Mon			12:21	4.5	5:56	0.6	6:11	1.3	5:44	8:20	
23	Tue	12:26	4.6	1:03	4.5	6:33	0.7	7:00	1.4	5:45	8:19	
24	Wed	1:10	4.4	1:44	4.6	7:16	0.8	8:02	1.5	5:46	8:19	
25	Thu	1:55	4.3	2:26	4.7	8:08	0.9	9:09	1.4	5:47	8:18	
26	Fri	2:45	4.2	3:14	4.9	9:05	0.9	10:11	1.1	5:47	8:17	
27	Sat	3:43	4.2	4:10	5.1	10:03	0.8	11:08	0.8	5:48	8:16	
28	Sun	4:47	4.3	5:11	5.4	10:59	0.6			5:49	8:15	
29	Mon	5:50	4.5	6:08	5.8	12:01	0.5	11:53 AM	0.4	5:50	8:14	
30	Tue	6:46	4.8	7:01	6.1	12:54	0.1	12:48	0.1	5:51	8:13	
31	Wed	7:38	5.1	7:52	6.3	1:46	-0.2	1:43	-0.1	5:52	8:12	