



Atlantic Highlands, NJ - Aug 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:29	5.4	8:43	6.4	2:38	-0.5	2:39	-0.3	5:53	8:11	☀
2	Fri	9:21	5.5	9:35	6.4	3:27	-0.6	3:32	-0.4	5:54	8:10	☀
3	Sat	10:15	5.6	10:29	6.1	4:15	-0.7	4:25	-0.3	5:55	8:09	☀
4	Sun	11:11	5.7	11:25	5.9	5:02	-0.6	5:17	-0.1	5:56	8:08	☀
5	Mon			12:08	5.7	5:50	-0.5	6:12	0.1	5:57	8:07	☀
6	Tue	12:22	5.5	1:04	5.7	6:42	-0.2	7:13	0.4	5:58	8:05	☀
7	Wed	1:19	5.2	1:58	5.6	7:38	0.1	8:20	0.6	5:59	8:04	☀
8	Thu	2:14	4.9	2:51	5.5	8:38	0.4	9:26	0.7	6:00	8:03	☀
9	Fri	3:10	4.6	3:47	5.4	9:37	0.6	10:26	0.7	6:01	8:02	☀
10	Sat	4:10	4.4	4:45	5.3	10:33	0.7	11:21	0.6	6:02	8:00	☀
11	Sun	5:12	4.4	5:41	5.4	11:25	0.7			6:03	7:59	☀
12	Mon	6:08	4.5	6:30	5.5	12:11	0.5	12:13	0.7	6:04	7:58	☀
13	Tue	6:57	4.6	7:15	5.5	12:57	0.4	12:59	0.7	6:05	7:57	☀
14	Wed	7:40	4.7	7:56	5.6	1:41	0.3	1:44	0.6	6:06	7:55	☀
15	Thu	8:21	4.8	8:34	5.5	2:23	0.3	2:28	0.6	6:06	7:54	☀
16	Fri	9:00	4.9	9:12	5.4	3:02	0.2	3:10	0.6	6:07	7:52	☀
17	Sat	9:38	4.9	9:49	5.2	3:39	0.2	3:49	0.7	6:08	7:51	☀
18	Sun	10:16	4.8	10:26	5.0	4:13	0.3	4:26	0.8	6:09	7:50	☀
19	Mon	10:53	4.8	11:03	4.8	4:46	0.4	5:01	0.9	6:10	7:48	☀
20	Tue	11:31	4.7	11:43	4.6	5:17	0.6	5:38	1.1	6:11	7:47	☀
21	Wed			12:10	4.7	5:49	0.7	6:20	1.2	6:12	7:45	☀
22	Thu	12:28	4.4	12:53	4.8	6:25	0.9	7:15	1.4	6:13	7:44	☀
23	Fri	1:18	4.3	1:40	4.9	7:13	1.0	8:27	1.4	6:14	7:42	☀
24	Sat	2:11	4.2	2:33	5.1	8:17	1.0	9:38	1.2	6:15	7:41	☀
25	Sun	3:11	4.2	3:34	5.2	9:28	0.9	10:40	0.9	6:16	7:39	☀
26	Mon	4:18	4.4	4:41	5.5	10:33	0.7	11:37	0.5	6:17	7:38	☀
27	Tue	5:25	4.7	5:46	5.8	11:34	0.4			6:18	7:36	☀
28	Wed	6:25	5.1	6:43	6.2	12:30	0.1	12:31	0.1	6:19	7:35	☀
29	Thu	7:18	5.5	7:35	6.4	1:22	-0.2	1:27	-0.2	6:20	7:33	☀
30	Fri	8:09	5.8	8:26	6.5	2:13	-0.5	2:23	-0.4	6:21	7:32	☀
31	Sat	9:00	6.0	9:17	6.4	3:03	-0.7	3:17	-0.5	6:22	7:30	☀