
































## Atlantic Highlands, NJ - Nov 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:33	5.5			5:13	0.4	5:56	0.3	7:25	5:53	
2	Sat	12:08	4.6	12:28	5.2	6:01	0.8	6:50	0.6	7:27	5:52	
3	Sun	1:05	4.3	12:22	4.9	5:56	1.2	6:49	0.9	6:28	4:51	
4	Mon	12:59	4.2	1:15	4.7	7:01	1.4	7:50	0.9	6:29	4:50	
5	Tue	1:52	4.2	2:07	4.6	8:07	1.4	8:45	0.9	6:30	4:48	
6	Wed	2:45	4.3	3:01	4.5	9:06	1.3	9:34	0.8	6:31	4:47	
7	Thu	3:39	4.4	3:55	4.6	9:58	1.1	10:17	0.6	6:32	4:46	
8	Fri	4:29	4.7	4:45	4.7	10:44	0.8	10:57	0.4	6:33	4:45	
9	Sat	5:13	5.0	5:29	4.8	11:28	0.6	11:37	0.3	6:35	4:44	
10	Sun	5:52	5.2	6:10	4.8			12:11	0.4	6:36	4:43	
11	Mon	6:27	5.4	6:48	4.9	12:15	0.2	12:54	0.3	6:37	4:42	
12	Tue	7:01	5.5	7:25	4.8	12:54	0.2	1:36	0.2	6:38	4:41	
13	Wed	7:34	5.6	8:03	4.7	1:33	0.2	2:18	0.1	6:39	4:40	
14	Thu	8:08	5.6	8:43	4.6	2:12	0.2	2:59	0.1	6:40	4:40	
15	Fri	8:46	5.5	9:28	4.4	2:50	0.3	3:40	0.2	6:42	4:39	
16	Sat	9:31	5.4	10:22	4.3	3:30	0.4	4:24	0.3	6:43	4:38	
17	Sun	10:26	5.3	11:23	4.3	4:14	0.5	5:15	0.4	6:44	4:37	
18	Mon	11:29	5.2			5:07	0.7	6:15	0.5	6:45	4:36	
19	Tue	12:24	4.4	12:33	5.1	6:17	0.8	7:23	0.4	6:46	4:36	
20	Wed	1:24	4.6	1:35	5.0	7:35	0.7	8:27	0.2	6:47	4:35	
21	Thu	2:24	4.8	2:38	5.0	8:47	0.5	9:24	-0.1	6:49	4:34	
22	Fri	3:25	5.2	3:43	5.1	9:50	0.2	10:17	-0.3	6:50	4:34	
23	Sat	4:25	5.5	4:44	5.2	10:47	-0.1	11:07	-0.5	6:51	4:33	
24	Sun	5:19	5.9	5:39	5.2	11:41	-0.4	11:56	-0.6	6:52	4:33	
25	Mon	6:09	6.1	6:29	5.3			12:34	-0.6	6:53	4:32	
26	Tue	6:56	6.2	7:18	5.2	12:44	-0.6	1:25	-0.6	6:54	4:32	
27	Wed	7:41	6.1	8:06	5.0	1:32	-0.5	2:14	-0.6	6:55	4:31	
28	Thu	8:27	5.9	8:55	4.8	2:19	-0.3	3:00	-0.5	6:56	4:31	
29	Fri	9:14	5.6	9:46	4.5	3:03	0.0	3:44	-0.2	6:57	4:31	
30	Sat	10:02	5.2	10:39	4.3	3:47	0.3	4:28	0.0	6:58	4:30	