

































Atlantic Highlands, NJ - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:55	4.1			5:32	0.8	6:06	0.4	7:19	4:39	
2	Thu	12:33	3.9	12:41	3.9	6:30	1.0	6:56	0.5	7:19	4:40	
3	Fri	1:18	3.9	1:28	3.8	7:35	1.0	7:50	0.5	7:19	4:41	
4	Sat	2:03	4.0	2:18	3.6	8:38	0.9	8:42	0.4	7:19	4:42	
5	Sun	2:52	4.1	3:14	3.6	9:34	0.7	9:32	0.3	7:19	4:43	
6	Mon	3:44	4.3	4:12	3.7	10:26	0.4	10:19	0.2	7:19	4:44	
7	Tue	4:36	4.6	5:06	3.8	11:14	0.1	11:06	0.0	7:19	4:45	
8	Wed	5:23	4.9	5:55	4.0			12:02	-0.2	7:19	4:46	
9	Thu	6:08	5.2	6:40	4.2			12:50	-0.4	7:18	4:47	
10	Fri	6:51	5.5	7:25	4.4	12:42	-0.4	1:38	-0.7	7:18	4:48	
11	Sat	7:36	5.6	8:12	4.5	1:31	-0.5	2:25	-0.8	7:18	4:49	
12	Sun	8:23	5.6	9:02	4.6	2:21	-0.7	3:10	-0.9	7:18	4:50	
13	Mon	9:13	5.5	9:55	4.6	3:09	-0.7	3:55	-0.9	7:17	4:51	
14	Tue	10:07	5.3	10:51	4.7	3:58	-0.6	4:41	-0.8	7:17	4:52	
15	Wed	11:04	5.0	11:49	4.7	4:51	-0.4	5:31	-0.7	7:17	4:53	
16	Thu			12:01	4.8	5:52	-0.1	6:28	-0.5	7:16	4:54	
17	Fri	12:45	4.8	12:59	4.5	7:00	0.0	7:29	-0.3	7:16	4:55	
18	Sat	1:41	4.8	1:57	4.2	8:10	0.1	8:30	-0.3	7:15	4:57	
19	Sun	2:39	4.8	2:59	4.0	9:16	0.0	9:29	-0.2	7:15	4:58	
20	Mon	3:40	4.9	4:04	3.9	10:16	-0.1	10:24	-0.2	7:14	4:59	
21	Tue	4:40	5.0	5:05	4.0	11:10	-0.2	11:15	-0.3	7:14	5:00	
22	Wed	5:33	5.1	5:58	4.1			12:01	-0.4	7:13	5:01	
23	Thu	6:21	5.1	6:46	4.2	12:05	-0.3	12:49	-0.5	7:12	5:02	
24	Fri	7:05	5.2	7:30	4.2	12:52	-0.3	1:35	-0.5	7:12	5:04	
25	Sat	7:46	5.1	8:12	4.2	1:38	-0.2	2:17	-0.5	7:11	5:05	
26	Sun	8:27	4.9	8:54	4.2	2:21	-0.2	2:55	-0.5	7:10	5:06	
27	Mon	9:07	4.7	9:35	4.1	3:01	-0.1	3:31	-0.4	7:09	5:07	
28	Tue	9:48	4.5	10:17	4.0	3:38	0.1	4:05	-0.3	7:09	5:08	
29	Wed	10:29	4.3	11:00	3.9	4:16	0.3	4:39	-0.1	7:08	5:10	
30	Thu	11:11	4.0	11:42	3.9	4:54	0.5	5:14	0.1	7:07	5:11	
31	Fri	11:55	3.8			5:39	0.7	5:54	0.3	7:06	5:12	