




























Atlantic Highlands, NJ - Jul 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:43	4.8	5:24	5.9	11:09	0.0	11:56	0.1	5:30	8:30	
2	Thu	5:47	4.8	6:19	6.1			12:02	0.0	5:30	8:30	
3	Fri	6:45	4.9	7:11	6.1	12:51	-0.1	12:54	0.0	5:31	8:29	
4	Sat	7:38	4.9	7:59	6.1	1:43	-0.2	1:46	0.1	5:31	8:29	
5	Sun	8:28	4.9	8:46	6.0	2:35	-0.2	2:37	0.2	5:32	8:29	
6	Mon	9:17	4.9	9:33	5.8	3:23	-0.2	3:26	0.3	5:32	8:29	
7	Tue	10:06	4.8	10:19	5.6	4:07	-0.1	4:11	0.5	5:33	8:28	
8	Wed	10:56	4.7	11:07	5.3	4:48	0.0	4:54	0.7	5:34	8:28	
9	Thu	11:45	4.6	11:55	5.0	5:28	0.2	5:37	0.9	5:34	8:28	
10	Fri			12:34	4.6	6:09	0.4	6:24	1.2	5:35	8:27	
11	Sat	12:42	4.7	1:20	4.6	6:51	0.7	7:18	1.4	5:36	8:27	
12	Sun	1:28	4.5	2:04	4.6	7:37	0.8	8:18	1.5	5:37	8:26	
13	Mon	2:13	4.3	2:47	4.6	8:27	0.9	9:19	1.4	5:37	8:26	
14	Tue	3:01	4.2	3:33	4.7	9:18	1.0	10:16	1.3	5:38	8:25	
15	Wed	3:53	4.1	4:22	4.8	10:08	0.9	11:08	1.1	5:39	8:25	
16	Thu	4:51	4.1	5:14	5.0	10:57	0.8	11:57	0.8	5:40	8:24	
17	Fri	5:48	4.2	6:03	5.3	11:45	0.7			5:40	8:23	
18	Sat	6:38	4.3	6:49	5.5	12:44	0.6	12:32	0.6	5:41	8:23	
19	Sun	7:24	4.5	7:32	5.8	1:32	0.3	1:20	0.5	5:42	8:22	
20	Mon	8:08	4.7	8:15	5.9	2:19	0.1	2:09	0.3	5:43	8:21	
21	Tue	8:53	4.8	8:59	6.0	3:05	-0.1	2:59	0.2	5:44	8:20	
22	Wed	9:40	5.0	9:46	6.0	3:49	-0.2	3:47	0.1	5:45	8:20	
23	Thu	10:30	5.1	10:37	5.8	4:32	-0.3	4:35	0.1	5:45	8:19	
24	Fri	11:24	5.2	11:32	5.6	5:15	-0.3	5:25	0.2	5:46	8:18	
25	Sat			12:19	5.3	6:01	-0.2	6:21	0.4	5:47	8:17	
26	Sun	12:29	5.4	1:14	5.5	6:52	0.0	7:25	0.6	5:48	8:16	
27	Mon	1:26	5.1	2:09	5.5	7:50	0.1	8:34	0.7	5:49	8:15	
28	Tue	2:23	4.9	3:04	5.6	8:51	0.3	9:42	0.6	5:50	8:14	
29	Wed	3:22	4.7	4:03	5.6	9:52	0.3	10:44	0.5	5:51	8:13	
30	Thu	4:27	4.6	5:05	5.7	10:50	0.3	11:42	0.3	5:52	8:12	
31	Fri	5:32	4.6	6:03	5.8	11:45	0.3			5:53	8:11	