

































Atlantic Highlands, NJ - Jan 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:57	5.9	6:25	4.6			12:33	-0.8	7:19	4:40	
2	Sun	6:50	6.0	7:19	4.7	12:35	-0.7	1:28	-1.0	7:19	4:41	
3	Mon	7:42	6.0	8:13	4.7	1:31	-0.8	2:21	-1.1	7:19	4:42	
4	Tue	8:35	5.9	9:08	4.7	2:26	-0.8	3:10	-1.1	7:19	4:43	
5	Wed	9:28	5.6	10:04	4.6	3:17	-0.6	3:58	-1.0	7:19	4:43	
6	Thu	10:22	5.3	11:00	4.5	4:07	-0.4	4:45	-0.7	7:19	4:44	
7	Fri	11:16	4.9	11:54	4.4	4:59	0.0	5:33	-0.4	7:19	4:45	
8	Sat			12:08	4.5	5:55	0.3	6:24	-0.2	7:19	4:46	
9	Sun	12:45	4.4	12:58	4.2	6:57	0.5	7:17	0.1	7:18	4:47	
10	Mon	1:33	4.3	1:48	3.9	8:01	0.6	8:10	0.2	7:18	4:48	
11	Tue	2:22	4.3	2:40	3.7	9:01	0.6	9:00	0.3	7:18	4:49	
12	Wed	3:13	4.3	3:37	3.6	9:55	0.5	9:48	0.3	7:18	4:50	
13	Thu	4:06	4.3	4:34	3.6	10:44	0.4	10:33	0.3	7:17	4:52	
14	Fri	4:57	4.5	5:25	3.7	11:29	0.2	11:18	0.2	7:17	4:53	
15	Sat	5:42	4.6	6:10	3.8			12:14	0.0	7:17	4:54	
16	Sun	6:22	4.8	6:52	3.9	12:02	0.1	12:58	-0.1	7:16	4:55	
17	Mon	7:00	4.8	7:32	3.9	12:46	0.1	1:40	-0.2	7:16	4:56	
18	Tue	7:36	4.9	8:10	4.0	1:29	0.0	2:20	-0.3	7:15	4:57	
19	Wed	8:11	4.8	8:48	4.0	2:11	0.0	2:57	-0.3	7:15	4:58	
20	Thu	8:46	4.8	9:26	4.0	2:49	0.0	3:31	-0.3	7:14	4:59	
21	Fri	9:23	4.7	10:07	4.0	3:27	0.0	4:05	-0.3	7:13	5:01	
22	Sat	10:04	4.5	10:52	4.1	4:06	0.1	4:39	-0.2	7:13	5:02	
23	Sun	10:53	4.4	11:41	4.3	4:49	0.2	5:17	-0.1	7:12	5:03	
24	Mon	11:47	4.2			5:43	0.3	6:05	0.0	7:11	5:04	
25	Tue	12:34	4.5	12:45	4.0	6:54	0.4	7:07	0.0	7:11	5:05	
26	Wed	1:29	4.6	1:46	3.8	8:10	0.3	8:17	0.0	7:10	5:07	
27	Thu	2:31	4.8	2:55	3.8	9:21	0.1	9:25	-0.1	7:09	5:08	
28	Fri	3:39	5.0	4:09	3.9	10:25	-0.2	10:27	-0.3	7:08	5:09	
29	Sat	4:46	5.2	5:16	4.1	11:23	-0.5	11:27	-0.5	7:07	5:10	
30	Sun	5:45	5.5	6:14	4.4			12:19	-0.8	7:06	5:11	
31	Mon	6:39	5.7	7:07	4.7	12:24	-0.7	1:12	-1.0	7:06	5:13	