


















## Atlantic Highlands, NJ - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:06	4.3	9:57	5.1	4:09	0.4	3:57	0.9	5:29	8:30	
2	Sat	10:49	4.3	10:34	5.0	4:45	0.4	4:35	1.0	5:30	8:30	
3	Sun	11:32	4.3	11:14	4.9	5:20	0.5	5:12	1.1	5:30	8:30	
4	Mon			12:16	4.3	5:55	0.6	5:53	1.2	5:31	8:29	
5	Tue			12:59	4.5	6:32	0.6	6:44	1.2	5:31	8:29	
6	Wed	12:48	4.7	1:43	4.7	7:17	0.7	7:49	1.2	5:32	8:29	
7	Thu	1:40	4.6	2:31	5.0	8:10	0.7	9:00	1.1	5:33	8:29	
8	Fri	2:35	4.5	3:23	5.3	9:09	0.6	10:08	0.8	5:33	8:28	
9	Sat	3:37	4.4	4:23	5.5	10:09	0.5	11:09	0.5	5:34	8:28	
10	Sun	4:46	4.5	5:26	5.9	11:07	0.3			5:35	8:27	
11	Mon	5:54	4.6	6:25	6.2	12:07	0.2	12:05	0.1	5:35	8:27	
12	Tue	6:55	4.8	7:20	6.4	1:04	-0.1	1:03	0.0	5:36	8:27	
13	Wed	7:51	5.0	8:14	6.5	2:00	-0.4	2:01	-0.1	5:37	8:26	
14	Thu	8:47	5.2	9:08	6.4	2:55	-0.6	2:59	-0.2	5:38	8:25	
15	Fri	9:42	5.3	10:02	6.3	3:46	-0.7	3:54	-0.2	5:38	8:25	
16	Sat	10:39	5.3	10:56	6.0	4:35	-0.6	4:46	0.0	5:39	8:24	
17	Sun	11:36	5.3	11:51	5.6	5:22	-0.5	5:38	0.3	5:40	8:24	
18	Mon			12:31	5.2	6:10	-0.2	6:34	0.6	5:41	8:23	
19	Tue	12:45	5.3	1:23	5.2	6:59	0.1	7:34	0.8	5:42	8:22	
20	Wed	1:37	4.9	2:12	5.1	7:51	0.4	8:38	1.0	5:42	8:22	
21	Thu	2:27	4.6	3:00	5.1	8:44	0.6	9:39	1.1	5:43	8:21	
22	Fri	3:18	4.3	3:50	5.0	9:36	0.8	10:35	1.0	5:44	8:20	
23	Sat	4:14	4.1	4:43	5.0	10:26	0.9	11:26	0.9	5:45	8:19	
24	Sun	5:12	4.1	5:35	5.1	11:13	0.9			5:46	8:18	
25	Mon	6:06	4.2	6:23	5.2	12:13	0.8	11:59 AM	0.9	5:47	8:18	
26	Tue	6:54	4.3	7:06	5.3	12:58	0.6	12:44	0.8	5:48	8:17	
27	Wed	7:38	4.4	7:46	5.4	1:42	0.5	1:29	0.8	5:49	8:16	
28	Thu	8:19	4.5	8:23	5.4	2:25	0.4	2:14	0.7	5:50	8:15	
29	Fri	8:59	4.6	8:59	5.4	3:05	0.3	2:57	0.7	5:50	8:14	
30	Sat	9:38	4.6	9:33	5.3	3:43	0.3	3:37	0.7	5:51	8:13	
31	Sun	10:16	4.6	10:08	5.2	4:17	0.3	4:15	0.7	5:52	8:12	