

































Atlantic Highlands, NJ - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:00	4.6	3:21	3.9	9:40	0.3	9:40	0.0	7:19	4:40	
2	Mon	3:56	4.7	4:19	3.8	10:33	0.2	10:27	0.1	7:19	4:41	
3	Tue	4:48	4.7	5:13	3.9	11:21	0.1	11:12	0.1	7:19	4:41	
4	Wed	5:35	4.8	6:01	3.9			12:07	0.0	7:19	4:42	
5	Thu	6:17	4.9	6:45	4.0			12:52	-0.1	7:19	4:43	
6	Fri	6:57	4.9	7:26	4.0	12:40	0.1	1:35	-0.1	7:19	4:44	
7	Sat	7:34	4.9	8:07	4.0	1:23	0.1	2:15	-0.2	7:19	4:45	
8	Sun	8:11	4.8	8:47	3.9	2:05	0.1	2:53	-0.2	7:19	4:46	
9	Mon	8:47	4.6	9:28	3.9	2:44	0.2	3:28	-0.1	7:18	4:47	
10	Tue	9:22	4.5	10:09	3.8	3:21	0.3	4:01	0.0	7:18	4:48	
11	Wed	9:58	4.3	10:50	3.8	3:56	0.4	4:34	0.1	7:18	4:49	
12	Thu	10:38	4.1	11:32	3.9	4:34	0.5	5:07	0.2	7:18	4:50	
13	Fri	11:22	4.0			5:17	0.7	5:44	0.3	7:17	4:51	
14	Sat	12:16	4.0	12:12	3.8	6:13	0.7	6:32	0.3	7:17	4:52	
15	Sun	1:01	4.2	1:06	3.7	7:25	0.7	7:33	0.3	7:17	4:53	
16	Mon	1:52	4.4	2:06	3.6	8:38	0.6	8:38	0.2	7:16	4:55	
17	Tue	2:51	4.6	3:15	3.6	9:44	0.3	9:41	0.0	7:16	4:56	
18	Wed	3:57	4.9	4:27	3.8	10:43	-0.1	10:40	-0.2	7:15	4:57	
19	Thu	5:00	5.3	5:30	4.1	11:39	-0.5	11:38	-0.5	7:15	4:58	
20	Fri	5:57	5.6	6:26	4.4			12:34	-0.8	7:14	4:59	
21	Sat	6:50	5.9	7:19	4.7	12:36	-0.7	1:28	-1.1	7:14	5:00	
22	Sun	7:42	5.9	8:12	4.8	1:32	-0.9	2:19	-1.3	7:13	5:01	
23	Mon	8:34	5.9	9:05	4.9	2:26	-1.0	3:07	-1.3	7:12	5:03	
24	Tue	9:26	5.6	10:00	4.9	3:18	-0.9	3:53	-1.3	7:12	5:04	
25	Wed	10:19	5.3	10:55	4.8	4:09	-0.7	4:39	-1.0	7:11	5:05	
26	Thu	11:13	4.9	11:48	4.7	5:01	-0.4	5:26	-0.7	7:10	5:06	
27	Fri			12:06	4.5	5:58	0.0	6:17	-0.3	7:09	5:07	
28	Sat	12:40	4.6	12:59	4.1	7:02	0.3	7:12	0.0	7:08	5:09	
29	Sun	1:31	4.5	1:52	3.8	8:09	0.4	8:10	0.2	7:08	5:10	
30	Mon	2:23	4.3	2:49	3.5	9:11	0.4	9:06	0.4	7:07	5:11	
31	Tue	3:20	4.2	3:51	3.4	10:08	0.4	9:59	0.4	7:06	5:12	