
































## Atlantic Highlands, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:09	4.3	5:48	4.7	11:36	0.6	11:58	0.7	5:55	7:51	
2	Tue	5:59	4.4	6:30	5.0			12:16	0.4	5:53	7:52	
3	Wed	6:43	4.6	7:08	5.3	12:44	0.4	12:55	0.3	5:52	7:53	
4	Thu	7:23	4.7	7:44	5.6	1:29	0.2	1:35	0.2	5:51	7:54	
5	Fri	8:03	4.7	8:20	5.8	2:14	0.0	2:16	0.2	5:50	7:55	
6	Sat	8:44	4.7	8:59	5.8	3:00	-0.2	2:57	0.2	5:49	7:56	
7	Sun	9:27	4.6	9:43	5.8	3:45	-0.2	3:40	0.2	5:47	7:57	
8	Mon	10:17	4.5	10:33	5.7	4:30	-0.2	4:23	0.3	5:46	7:58	
9	Tue	11:13	4.4	11:31	5.5	5:17	0.0	5:11	0.4	5:45	7:59	
10	Wed			12:16	4.4	6:09	0.1	6:07	0.7	5:44	8:00	
11	Thu	12:35	5.4	1:19	4.4	7:10	0.3	7:17	0.8	5:43	8:01	
12	Fri	1:37	5.2	2:20	4.6	8:16	0.3	8:35	0.8	5:42	8:02	
13	Sat	2:38	5.1	3:20	4.8	9:20	0.2	9:47	0.7	5:41	8:03	
14	Sun	3:39	5.0	4:21	5.1	10:17	0.1	10:50	0.5	5:40	8:04	
15	Mon	4:42	5.0	5:20	5.4	11:09	-0.1	11:46	0.2	5:39	8:05	
16	Tue	5:41	5.0	6:13	5.7	11:57	-0.2			5:38	8:06	
17	Wed	6:34	5.0	6:59	5.9	12:38	0.0	12:43	-0.2	5:37	8:07	
18	Thu	7:23	5.0	7:43	5.9	1:28	-0.1	1:28	-0.1	5:36	8:08	
19	Fri	8:08	4.9	8:24	5.9	2:16	-0.1	2:12	0.1	5:36	8:09	
20	Sat	8:53	4.8	9:04	5.7	3:03	-0.1	2:56	0.3	5:35	8:10	
21	Sun	9:39	4.6	9:45	5.5	3:46	0.0	3:38	0.5	5:34	8:10	
22	Mon	10:26	4.4	10:28	5.2	4:28	0.2	4:17	0.7	5:33	8:11	
23	Tue	11:15	4.2	11:13	4.9	5:08	0.4	4:57	0.9	5:33	8:12	
24	Wed			12:07	4.1	5:49	0.6	5:38	1.2	5:32	8:13	
25	Thu	12:03	4.7	12:59	4.1	6:34	0.8	6:26	1.4	5:31	8:14	
26	Fri	12:52	4.5	1:47	4.1	7:25	1.0	7:25	1.6	5:31	8:15	
27	Sat	1:41	4.4	2:34	4.2	8:20	1.0	8:33	1.6	5:30	8:16	
28	Sun	2:28	4.3	3:21	4.3	9:13	1.0	9:36	1.4	5:29	8:16	
29	Mon	3:18	4.2	4:10	4.6	10:02	0.9	10:32	1.2	5:29	8:17	
30	Tue	4:12	4.2	4:59	4.9	10:47	0.7	11:23	0.9	5:28	8:18	
31	Wed	5:09	4.3	5:46	5.2	11:30	0.6			5:28	8:19	