
































Atlantic Highlands, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:02	4.4	6:30	5.6	12:12	0.6	12:13	0.4	5:27	8:19	
2	Fri	6:51	4.5	7:12	5.9	1:00	0.3	12:57	0.3	5:27	8:20	
3	Sat	7:37	4.6	7:55	6.1	1:50	0.0	1:44	0.3	5:27	8:21	
4	Sun	8:24	4.7	8:41	6.2	2:40	-0.2	2:34	0.2	5:26	8:22	
5	Mon	9:14	4.7	9:31	6.1	3:30	-0.3	3:24	0.2	5:26	8:22	
6	Tue	10:08	4.7	10:25	6.0	4:18	-0.3	4:15	0.2	5:26	8:23	
7	Wed	11:07	4.7	11:24	5.8	5:07	-0.3	5:07	0.3	5:26	8:23	
8	Thu			12:09	4.8	5:58	-0.2	6:05	0.5	5:25	8:24	
9	Fri	12:25	5.6	1:09	4.9	6:54	0.0	7:11	0.7	5:25	8:25	
10	Sat	1:24	5.4	2:06	5.0	7:53	0.1	8:22	0.8	5:25	8:25	
11	Sun	2:20	5.2	3:01	5.2	8:52	0.1	9:30	0.7	5:25	8:26	
12	Mon	3:17	4.9	3:57	5.3	9:48	0.1	10:32	0.6	5:25	8:26	
13	Tue	4:15	4.8	4:53	5.5	10:40	0.1	11:28	0.4	5:25	8:27	
14	Wed	5:15	4.7	5:47	5.6	11:28	0.2			5:25	8:27	
15	Thu	6:11	4.6	6:35	5.7	12:19	0.3	12:14	0.2	5:25	8:28	
16	Fri	7:01	4.6	7:19	5.7	1:08	0.2	1:00	0.3	5:25	8:28	
17	Sat	7:48	4.6	8:00	5.7	1:56	0.2	1:45	0.5	5:25	8:28	
18	Sun	8:32	4.6	8:41	5.6	2:42	0.2	2:30	0.6	5:25	8:29	
19	Mon	9:17	4.5	9:21	5.4	3:25	0.2	3:13	0.7	5:25	8:29	
20	Tue	10:02	4.4	10:02	5.2	4:06	0.3	3:55	0.8	5:25	8:29	
21	Wed	10:48	4.3	10:44	5.0	4:44	0.4	4:34	1.0	5:26	8:29	
22	Thu	11:36	4.3	11:27	4.8	5:21	0.5	5:13	1.1	5:26	8:30	
23	Fri			12:24	4.2	5:59	0.7	5:55	1.3	5:26	8:30	
24	Sat	12:12	4.6	1:09	4.3	6:39	0.8	6:44	1.4	5:26	8:30	
25	Sun	12:56	4.4	1:51	4.4	7:23	0.9	7:43	1.5	5:27	8:30	
26	Mon	1:40	4.3	2:33	4.6	8:12	0.9	8:49	1.4	5:27	8:30	
27	Tue	2:27	4.2	3:17	4.7	9:03	0.9	9:51	1.3	5:27	8:30	
28	Wed	3:19	4.2	4:06	5.0	9:54	0.8	10:48	1.0	5:28	8:30	
29	Thu	4:19	4.1	5:00	5.3	10:45	0.7	11:42	0.6	5:28	8:30	
30	Fri	5:23	4.2	5:55	5.6	11:35	0.5			5:29	8:30	