

































Atlantic Highlands, NJ - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:22	4.4	6:46	6.0	12:35	0.3	12:27	0.4	5:29	8:30	
2	Sun	7:16	4.6	7:37	6.2	1:28	0.0	1:21	0.2	5:30	8:30	
3	Mon	8:08	4.8	8:27	6.3	2:21	-0.2	2:17	0.1	5:30	8:30	
4	Tue	9:01	4.9	9:20	6.3	3:13	-0.4	3:12	0.0	5:31	8:29	
5	Wed	9:56	5.0	10:14	6.2	4:02	-0.5	4:06	0.0	5:31	8:29	
6	Thu	10:54	5.1	11:11	6.0	4:51	-0.5	4:59	0.1	5:32	8:29	
7	Fri	11:52	5.2			5:39	-0.5	5:54	0.3	5:33	8:29	
8	Sat	12:08	5.7	12:50	5.3	6:29	-0.3	6:55	0.5	5:33	8:28	
9	Sun	1:05	5.4	1:44	5.4	7:23	-0.1	8:01	0.7	5:34	8:28	
10	Mon	1:59	5.1	2:37	5.4	8:20	0.1	9:08	0.8	5:35	8:28	
11	Tue	2:53	4.8	3:29	5.4	9:16	0.3	10:11	0.7	5:35	8:27	
12	Wed	3:49	4.5	4:25	5.3	10:10	0.4	11:08	0.7	5:36	8:27	
13	Thu	4:50	4.3	5:20	5.4	11:01	0.5			5:37	8:26	
14	Fri	5:48	4.3	6:12	5.4	12:00	0.6	11:49 AM	0.6	5:37	8:26	
15	Sat	6:41	4.4	6:58	5.4	12:48	0.5	12:36	0.7	5:38	8:25	
16	Sun	7:28	4.4	7:40	5.5	1:35	0.4	1:22	0.7	5:39	8:24	
17	Mon	8:12	4.5	8:20	5.4	2:20	0.4	2:07	0.7	5:40	8:24	
18	Tue	8:54	4.5	8:59	5.4	3:02	0.3	2:51	0.7	5:41	8:23	
19	Wed	9:36	4.5	9:37	5.2	3:41	0.3	3:33	0.8	5:41	8:23	
20	Thu	10:18	4.5	10:14	5.0	4:17	0.4	4:12	0.8	5:42	8:22	
21	Fri	11:00	4.5	10:51	4.9	4:50	0.4	4:49	1.0	5:43	8:21	
22	Sat	11:42	4.5	11:29	4.7	5:23	0.5	5:27	1.1	5:44	8:20	
23	Sun			12:23	4.5	5:54	0.7	6:07	1.2	5:45	8:19	
24	Mon	12:10	4.5	1:03	4.6	6:28	0.8	6:57	1.3	5:46	8:19	
25	Tue	12:55	4.3	1:44	4.7	7:07	0.9	8:01	1.4	5:47	8:18	
26	Wed	1:44	4.2	2:29	4.9	7:59	1.0	9:10	1.3	5:48	8:17	
27	Thu	2:38	4.1	3:21	5.1	9:02	1.0	10:16	1.0	5:48	8:16	
28	Fri	3:41	4.1	4:22	5.3	10:06	0.8	11:16	0.7	5:49	8:15	
29	Sat	4:52	4.2	5:27	5.7	11:08	0.6			5:50	8:14	
30	Sun	6:00	4.4	6:27	6.0	12:12	0.4	12:07	0.4	5:51	8:13	
31	Mon	6:58	4.7	7:21	6.3	1:07	0.0	1:05	0.1	5:52	8:12	