

































Atlantic Highlands, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:58	4.2	11:48	3.9	4:40	0.7	5:19	0.3	7:19	4:40	
2	Tue	11:42	3.9			5:26	0.8	6:01	0.5	7:19	4:40	
3	Wed	12:32	3.9	12:27	3.8	6:21	1.0	6:48	0.6	7:19	4:41	
4	Thu	1:15	4.0	1:13	3.6	7:26	1.0	7:41	0.6	7:19	4:42	
5	Fri	1:59	4.1	2:03	3.5	8:31	0.9	8:35	0.5	7:19	4:43	
6	Sat	2:48	4.2	3:02	3.4	9:31	0.7	9:28	0.4	7:19	4:44	
7	Sun	3:43	4.5	4:06	3.5	10:25	0.4	10:19	0.3	7:19	4:45	
8	Mon	4:38	4.8	5:05	3.7	11:16	0.0	11:10	0.0	7:19	4:46	
9	Tue	5:30	5.1	5:57	3.9			12:07	-0.3	7:18	4:47	
10	Wed	6:18	5.4	6:46	4.2	12:01	-0.2	12:58	-0.6	7:18	4:48	
11	Thu	7:06	5.7	7:34	4.4	12:53	-0.4	1:47	-0.8	7:18	4:49	
12	Fri	7:54	5.8	8:24	4.6	1:46	-0.6	2:35	-1.0	7:18	4:50	
13	Sat	8:44	5.7	9:16	4.7	2:37	-0.7	3:21	-1.1	7:17	4:51	
14	Sun	9:36	5.5	10:11	4.7	3:28	-0.7	4:06	-1.1	7:17	4:52	
15	Mon	10:30	5.2	11:08	4.8	4:19	-0.5	4:52	-0.9	7:17	4:53	
16	Tue	11:26	4.9			5:14	-0.3	5:43	-0.7	7:16	4:54	
17	Wed	12:04	4.8	12:22	4.6	6:17	0.0	6:38	-0.4	7:16	4:55	
18	Thu	12:59	4.8	1:18	4.2	7:27	0.2	7:38	-0.2	7:15	4:57	
19	Fri	1:54	4.7	2:16	3.9	8:36	0.2	8:39	-0.1	7:15	4:58	
20	Sat	2:52	4.6	3:19	3.7	9:40	0.2	9:37	0.0	7:14	4:59	
21	Sun	3:53	4.6	4:24	3.7	10:37	0.1	10:31	0.0	7:14	5:00	
22	Mon	4:53	4.7	5:22	3.8	11:29	-0.1	11:21	0.0	7:13	5:01	
23	Tue	5:44	4.8	6:12	3.9			12:18	-0.2	7:12	5:02	
24	Wed	6:29	4.8	6:57	4.0	12:10	0.0	1:04	-0.3	7:12	5:04	
25	Thu	7:11	4.9	7:39	4.1	12:56	0.0	1:46	-0.3	7:11	5:05	
26	Fri	7:50	4.8	8:20	4.1	1:40	-0.1	2:25	-0.4	7:10	5:06	
27	Sat	8:27	4.7	9:00	4.1	2:21	-0.1	3:01	-0.3	7:09	5:07	
28	Sun	9:04	4.5	9:39	4.1	3:00	0.0	3:34	-0.3	7:09	5:08	
29	Mon	9:39	4.3	10:19	4.0	3:36	0.1	4:05	-0.1	7:08	5:10	
30	Tue	10:16	4.1	10:58	4.0	4:12	0.3	4:35	0.0	7:07	5:11	
31	Wed	10:54	3.9	11:38	4.0	4:49	0.5	5:05	0.2	7:06	5:12	