

































Atlantic Highlands, NJ - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:02	4.6	4:39	5.6	10:24	0.2	11:23	0.4	5:30	8:30	
2	Tue	5:06	4.5	5:38	5.7	11:18	0.2			5:30	8:30	
3	Wed	6:08	4.6	6:32	5.8	12:18	0.3	12:10	0.3	5:31	8:29	
4	Thu	7:03	4.6	7:22	5.8	1:11	0.2	1:02	0.3	5:31	8:29	
5	Fri	7:53	4.7	8:08	5.8	2:02	0.1	1:53	0.4	5:32	8:29	
6	Sat	8:42	4.7	8:52	5.7	2:50	0.0	2:42	0.5	5:32	8:29	
7	Sun	9:29	4.7	9:36	5.5	3:35	0.1	3:29	0.6	5:33	8:28	
8	Mon	10:16	4.6	10:20	5.2	4:16	0.1	4:11	0.7	5:34	8:28	
9	Tue	11:03	4.6	11:03	5.0	4:54	0.3	4:52	0.9	5:34	8:28	
10	Wed	11:50	4.6	11:48	4.7	5:31	0.4	5:33	1.0	5:35	8:27	
11	Thu			12:36	4.6	6:07	0.6	6:18	1.2	5:36	8:27	
12	Fri	12:32	4.5	1:19	4.6	6:46	0.8	7:09	1.4	5:37	8:26	
13	Sat	1:16	4.3	2:01	4.6	7:28	0.9	8:09	1.5	5:37	8:26	
14	Sun	2:00	4.1	2:43	4.7	8:17	1.1	9:12	1.4	5:38	8:25	
15	Mon	2:46	4.0	3:28	4.8	9:09	1.1	10:11	1.3	5:39	8:25	
16	Tue	3:40	3.9	4:19	4.9	10:03	1.1	11:06	1.0	5:40	8:24	
17	Wed	4:43	3.9	5:14	5.1	10:55	1.0	11:57	0.8	5:40	8:23	
18	Thu	5:44	4.0	6:07	5.4	11:46	0.8			5:41	8:23	
19	Fri	6:38	4.2	6:56	5.7	12:47	0.5	12:37	0.7	5:42	8:22	
20	Sat	7:27	4.5	7:43	6.0	1:37	0.2	1:29	0.5	5:43	8:21	
21	Sun	8:14	4.7	8:30	6.1	2:26	-0.1	2:22	0.3	5:44	8:20	
22	Mon	9:02	4.9	9:17	6.1	3:13	-0.3	3:14	0.1	5:45	8:20	
23	Tue	9:51	5.1	10:07	6.0	3:58	-0.4	4:04	0.0	5:46	8:19	
24	Wed	10:44	5.3	11:00	5.8	4:41	-0.5	4:54	0.1	5:46	8:18	
25	Thu	11:38	5.4	11:55	5.5	5:25	-0.4	5:47	0.3	5:47	8:17	
26	Fri			12:34	5.5	6:12	-0.2	6:46	0.5	5:48	8:16	
27	Sat	12:51	5.2	1:28	5.5	7:03	0.0	7:52	0.7	5:49	8:15	
28	Sun	1:47	4.9	2:22	5.5	8:01	0.2	9:02	0.8	5:50	8:14	
29	Mon	2:44	4.6	3:18	5.5	9:02	0.4	10:08	0.7	5:51	8:13	
30	Tue	3:45	4.4	4:18	5.4	10:03	0.5	11:08	0.6	5:52	8:12	
31	Wed	4:50	4.3	5:21	5.4	11:01	0.6			5:53	8:11	