



Atlantic Highlands, NJ - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:08	5.3	8:38	4.1	2:08	-0.1	2:56	-0.5	7:19	4:40	☀
2	Thu	8:56	5.3	9:26	4.2	2:50	-0.1	3:32	-0.6	7:19	4:41	☀
3	Fri	9:38	5.1	10:20	4.3	3:32	-0.1	4:14	-0.5	7:19	4:42	☀
4	Sat	10:32	4.9	11:14	4.4	4:20	0.0	5:02	-0.5	7:19	4:43	☀
5	Sun	11:26	4.7			5:14	0.1	5:50	-0.4	7:19	4:44	☀
6	Mon	12:08	4.6	12:26	4.5	6:20	0.3	6:44	-0.2	7:19	4:45	☀
7	Tue	1:02	4.7	1:26	4.2	7:38	0.3	7:44	-0.2	7:19	4:46	☀
8	Wed	2:02	4.8	2:26	4.0	8:44	0.2	8:50	-0.2	7:18	4:47	☀
9	Thu	3:02	4.9	3:32	3.9	9:50	0.1	9:50	-0.2	7:18	4:48	☀
10	Fri	4:08	5.0	4:38	4.0	10:50	-0.2	10:44	-0.3	7:18	4:49	☀
11	Sat	5:08	5.2	5:38	4.1	11:44	-0.4	11:44	-0.3	7:18	4:50	☀
12	Sun	6:02	5.3	6:32	4.3			12:38	-0.5	7:17	4:51	☀
13	Mon	6:50	5.3	7:20	4.4	12:32	-0.4	1:32	-0.6	7:17	4:52	☀
14	Tue	7:38	5.3	8:08	4.4	1:26	-0.4	2:14	-0.7	7:17	4:53	☀
15	Wed	8:20	5.1	8:56	4.4	2:14	-0.3	2:56	-0.6	7:16	4:54	☀
16	Thu	9:02	4.9	9:38	4.3	2:56	-0.2	3:38	-0.5	7:16	4:55	☀
17	Fri	9:50	4.6	10:26	4.2	3:38	-0.1	4:14	-0.3	7:15	4:56	☀
18	Sat	10:32	4.3	11:08	4.1	4:20	0.2	4:50	-0.1	7:15	4:57	☀
19	Sun	11:14	4.0	11:56	4.1	5:02	0.4	5:26	0.1	7:14	4:59	☀
20	Mon	11:56	3.8			5:50	0.6	6:02	0.4	7:14	5:00	☀
21	Tue	12:38	4.0	12:44	3.5	6:44	0.8	6:50	0.5	7:13	5:01	☀
22	Wed	1:20	4.0	1:32	3.3	7:50	0.9	7:50	0.7	7:13	5:02	☀
23	Thu	2:08	4.0	2:26	3.2	8:50	0.8	8:50	0.7	7:12	5:03	☀
24	Fri	3:02	4.1	3:26	3.2	9:50	0.6	9:44	0.6	7:11	5:04	☀
25	Sat	4:02	4.3	4:32	3.3	10:44	0.4	10:32	0.4	7:10	5:06	☀
26	Sun	4:56	4.5	5:26	3.5	11:32	0.1	11:26	0.2	7:10	5:07	☀
27	Mon	5:44	4.8	6:14	3.8			12:20	-0.2	7:09	5:08	☀
28	Tue	6:26	5.1	6:56	4.1	12:14	-0.1	1:02	-0.5	7:08	5:09	☀
29	Wed	7:14	5.3	7:38	4.4	1:02	-0.3	1:50	-0.7	7:07	5:11	☀
30	Thu	7:56	5.4	8:20	4.6	1:50	-0.5	2:32	-0.9	7:06	5:12	☀
31	Fri	8:38	5.4	9:08	4.7	2:38	-0.7	3:14	-1.0	7:05	5:13	☀