

































## Atlantic Highlands, NJ - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:42	4.8	1:25	4.8	7:01	0.5	7:21	1.2	5:29	8:30	
2	Wed	1:29	4.6	2:10	4.8	7:49	0.7	8:21	1.3	5:30	8:30	
3	Thu	2:15	4.3	2:55	4.8	8:37	0.9	9:21	1.3	5:31	8:29	
4	Fri	3:02	4.1	3:41	4.9	9:26	1.0	10:16	1.2	5:31	8:29	
5	Sat	3:54	3.9	4:31	4.9	10:14	1.0	11:07	1.1	5:32	8:29	
6	Sun	4:51	3.9	5:22	5.0	11:01	1.0	11:55	0.9	5:32	8:29	
7	Mon	5:48	3.9	6:10	5.2	11:47	0.9			5:33	8:28	
8	Tue	6:38	4.1	6:54	5.4	12:42	0.7	12:32	0.9	5:34	8:28	
9	Wed	7:23	4.2	7:35	5.5	1:28	0.5	1:18	0.8	5:34	8:28	
10	Thu	8:05	4.3	8:14	5.6	2:14	0.3	2:05	0.7	5:35	8:27	
11	Fri	8:46	4.4	8:54	5.7	2:57	0.2	2:50	0.7	5:36	8:27	
12	Sat	9:27	4.5	9:34	5.6	3:38	0.1	3:34	0.6	5:36	8:26	
13	Sun	10:09	4.6	10:18	5.5	4:17	0.0	4:17	0.6	5:37	8:26	
14	Mon	10:56	4.8	11:05	5.4	4:55	0.0	5:01	0.6	5:38	8:25	
15	Tue	11:46	5.0	11:57	5.2	5:34	0.0	5:50	0.7	5:39	8:25	
16	Wed			12:38	5.1	6:17	0.1	6:47	0.8	5:39	8:24	
17	Thu	12:52	5.0	1:31	5.3	7:06	0.2	7:56	0.9	5:40	8:24	
18	Fri	1:48	4.8	2:25	5.5	8:03	0.3	9:08	0.8	5:41	8:23	
19	Sat	2:46	4.6	3:22	5.6	9:07	0.4	10:16	0.7	5:42	8:22	
20	Sun	3:51	4.4	4:26	5.6	10:10	0.3	11:18	0.5	5:43	8:21	
21	Mon	5:00	4.4	5:31	5.8	11:11	0.3			5:44	8:21	
22	Tue	6:06	4.6	6:31	5.9	12:16	0.3	12:09	0.2	5:44	8:20	
23	Wed	7:04	4.8	7:24	6.0	1:11	0.1	1:06	0.2	5:45	8:19	
24	Thu	7:57	5.0	8:14	6.0	2:04	-0.1	2:00	0.2	5:46	8:18	
25	Fri	8:47	5.1	9:00	5.9	2:53	-0.2	2:52	0.2	5:47	8:17	
26	Sat	9:36	5.1	9:46	5.7	3:39	-0.2	3:40	0.3	5:48	8:16	
27	Sun	10:23	5.1	10:31	5.4	4:20	-0.1	4:25	0.4	5:49	8:15	
28	Mon	11:10	5.0	11:16	5.1	4:58	0.1	5:07	0.6	5:50	8:15	
29	Tue	11:57	5.0			5:35	0.3	5:51	0.9	5:51	8:14	
30	Wed	12:02	4.7	12:42	4.9	6:12	0.6	6:38	1.1	5:52	8:12	
31	Thu	12:48	4.4	1:26	4.8	6:51	0.8	7:32	1.3	5:53	8:11	