



Atlantic Highlands, NJ - Jun 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:04	4.3	9:11	5.4	3:12	0.3	3:04	0.8	5:27	8:20	☉
2	Tue	9:44	4.2	9:48	5.2	3:52	0.3	3:43	0.9	5:27	8:20	☉
3	Wed	10:26	4.1	10:25	5.0	4:29	0.4	4:20	1.0	5:27	8:21	☉
4	Thu	11:10	4.1	11:06	4.9	5:06	0.5	4:56	1.1	5:26	8:22	☾
5	Fri	11:56	4.1	11:51	4.8	5:43	0.6	5:34	1.3	5:26	8:22	☾
6	Sat			12:43	4.2	6:23	0.7	6:21	1.3	5:26	8:23	☾
7	Sun	12:41	4.7	1:28	4.4	7:08	0.7	7:24	1.4	5:25	8:24	☾
8	Mon	1:31	4.6	2:15	4.6	8:01	0.7	8:38	1.3	5:25	8:24	☾
9	Tue	2:24	4.6	3:05	5.0	8:57	0.6	9:47	1.0	5:25	8:25	☾
10	Wed	3:22	4.5	4:00	5.3	9:53	0.4	10:49	0.7	5:25	8:25	☾
11	Thu	4:27	4.5	5:00	5.7	10:47	0.2	11:47	0.3	5:25	8:26	☾
12	Fri	5:32	4.6	5:59	6.0	11:41	0.1			5:25	8:26	☾
13	Sat	6:33	4.8	6:55	6.3	12:43	0.0	12:36	-0.1	5:25	8:27	☾
14	Sun	7:30	5.0	7:48	6.5	1:40	-0.2	1:33	-0.2	5:25	8:27	☾
15	Mon	8:25	5.1	8:41	6.4	2:36	-0.4	2:31	-0.2	5:25	8:28	☾
16	Tue	9:21	5.1	9:36	6.3	3:29	-0.6	3:27	-0.2	5:25	8:28	☾
17	Wed	10:18	5.1	10:32	6.0	4:20	-0.6	4:21	0.0	5:25	8:28	☾
18	Thu	11:17	5.1	11:29	5.7	5:10	-0.5	5:14	0.2	5:25	8:29	☾
19	Fri			12:15	5.1	5:59	-0.3	6:09	0.5	5:25	8:29	☾
20	Sat	12:26	5.4	1:10	5.1	6:51	0.0	7:08	0.8	5:25	8:29	☾
21	Sun	1:19	5.1	2:02	5.1	7:45	0.2	8:12	1.0	5:26	8:29	☾
22	Mon	2:10	4.7	2:51	5.1	8:39	0.4	9:15	1.0	5:26	8:30	☾
23	Tue	3:00	4.5	3:40	5.1	9:30	0.6	10:13	1.0	5:26	8:30	☾
24	Wed	3:53	4.2	4:31	5.1	10:18	0.7	11:05	0.9	5:26	8:30	☾
25	Thu	4:49	4.1	5:21	5.2	11:03	0.8	11:52	0.8	5:27	8:30	☾
26	Fri	5:44	4.1	6:09	5.3	11:47	0.8			5:27	8:30	☉
27	Sat	6:34	4.1	6:53	5.4	12:38	0.6	12:30	0.8	5:28	8:30	☉
28	Sun	7:19	4.2	7:34	5.4	1:23	0.5	1:14	0.8	5:28	8:30	☉
29	Mon	8:02	4.3	8:12	5.4	2:07	0.4	1:59	0.8	5:28	8:30	☉
30	Tue	8:42	4.3	8:50	5.4	2:50	0.4	2:42	0.8	5:29	8:30	☉