

































Atlantic Highlands, NJ - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:22	4.3	9:26	5.3	3:30	0.3	3:24	0.9	5:29	8:30	
2	Thu	10:02	4.3	10:02	5.2	4:07	0.3	4:02	0.9	5:30	8:30	
3	Fri	10:41	4.3	10:40	5.1	4:42	0.3	4:39	1.0	5:30	8:30	
4	Sat	11:22	4.4	11:22	4.9	5:16	0.3	5:17	1.0	5:31	8:29	
5	Sun			12:06	4.6	5:50	0.4	6:01	1.1	5:32	8:29	
6	Mon	12:09	4.8	12:52	4.8	6:29	0.5	6:56	1.2	5:32	8:29	
7	Tue	1:01	4.7	1:40	5.0	7:15	0.5	8:06	1.1	5:33	8:29	
8	Wed	1:55	4.5	2:31	5.3	8:12	0.5	9:20	1.0	5:33	8:28	
9	Thu	2:53	4.4	3:29	5.5	9:15	0.5	10:27	0.8	5:34	8:28	
10	Fri	3:59	4.4	4:34	5.7	10:18	0.4	11:29	0.4	5:35	8:27	
11	Sat	5:10	4.5	5:39	5.9	11:20	0.2			5:35	8:27	
12	Sun	6:17	4.7	6:40	6.2	12:27	0.1	12:20	0.0	5:36	8:27	
13	Mon	7:16	4.9	7:36	6.3	1:24	-0.2	1:19	-0.1	5:37	8:26	
14	Tue	8:11	5.2	8:29	6.4	2:19	-0.4	2:17	-0.2	5:38	8:25	
15	Wed	9:05	5.3	9:21	6.2	3:12	-0.5	3:13	-0.2	5:38	8:25	
16	Thu	9:59	5.4	10:12	6.0	4:00	-0.6	4:05	-0.1	5:39	8:24	
17	Fri	10:53	5.4	11:04	5.7	4:46	-0.5	4:55	0.1	5:40	8:24	
18	Sat	11:47	5.3	11:56	5.3	5:30	-0.3	5:45	0.4	5:41	8:23	
19	Sun			12:38	5.3	6:15	0.0	6:37	0.7	5:42	8:22	
20	Mon	12:47	4.9	1:27	5.2	7:02	0.3	7:35	1.0	5:43	8:22	
21	Tue	1:37	4.6	2:14	5.1	7:51	0.7	8:37	1.2	5:43	8:21	
22	Wed	2:25	4.3	3:01	5.0	8:43	0.9	9:37	1.2	5:44	8:20	
23	Thu	3:16	4.0	3:51	4.9	9:36	1.1	10:33	1.1	5:45	8:19	
24	Fri	4:12	3.9	4:45	5.0	10:28	1.1	11:23	1.0	5:46	8:18	
25	Sat	5:12	3.9	5:38	5.0	11:17	1.1			5:47	8:18	
26	Sun	6:08	4.0	6:27	5.2	12:11	0.8	12:04	1.0	5:48	8:17	
27	Mon	6:56	4.2	7:10	5.3	12:56	0.7	12:50	0.9	5:49	8:16	
28	Tue	7:38	4.4	7:50	5.4	1:40	0.5	1:36	0.8	5:50	8:15	
29	Wed	8:18	4.5	8:27	5.5	2:22	0.4	2:20	0.7	5:51	8:14	
30	Thu	8:56	4.6	9:02	5.4	3:02	0.2	3:03	0.7	5:51	8:13	
31	Fri	9:32	4.7	9:38	5.4	3:39	0.2	3:43	0.7	5:52	8:12	