
































Atlantic Highlands, NJ - Nov 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:16	4.6	12:33	5.3	6:10	0.8	7:17	0.5	6:26	4:53	
2	Mon	1:18	4.7	1:35	5.1	7:27	0.9	8:22	0.4	6:27	4:52	
3	Tue	2:18	4.8	2:35	5.0	8:38	0.8	9:19	0.3	6:28	4:50	
4	Wed	3:18	5.0	3:36	4.9	9:40	0.6	10:09	0.1	6:29	4:49	
5	Thu	4:15	5.3	4:32	4.9	10:34	0.4	10:54	0.1	6:30	4:48	
6	Fri	5:06	5.5	5:23	4.9	11:23	0.3	11:36	0.1	6:31	4:47	
7	Sat	5:50	5.7	6:07	4.9			12:09	0.1	6:33	4:46	
8	Sun	6:30	5.8	6:49	4.8	12:17	0.1	12:54	0.1	6:34	4:45	
9	Mon	7:08	5.7	7:29	4.7	12:57	0.2	1:37	0.1	6:35	4:44	
10	Tue	7:45	5.6	8:09	4.5	1:36	0.4	2:18	0.2	6:36	4:43	
11	Wed	8:23	5.4	8:49	4.3	2:15	0.5	2:58	0.3	6:37	4:42	
12	Thu	9:01	5.2	9:33	4.1	2:52	0.7	3:36	0.4	6:38	4:41	
13	Fri	9:42	4.9	10:21	3.9	3:28	0.9	4:15	0.6	6:40	4:40	
14	Sat	10:27	4.7	11:13	3.8	4:04	1.1	4:56	0.8	6:41	4:39	
15	Sun	11:17	4.5			4:44	1.3	5:43	0.9	6:42	4:39	
16	Mon	12:04	3.8	12:08	4.4	5:34	1.5	6:38	1.0	6:43	4:38	
17	Tue	12:53	3.9	12:58	4.4	6:43	1.5	7:36	0.9	6:44	4:37	
18	Wed	1:40	4.1	1:48	4.4	7:57	1.4	8:29	0.8	6:45	4:36	
19	Thu	2:29	4.3	2:43	4.4	9:00	1.2	9:18	0.5	6:47	4:36	
20	Fri	3:21	4.7	3:41	4.5	9:56	0.8	10:05	0.3	6:48	4:35	
21	Sat	4:14	5.1	4:38	4.6	10:48	0.4	10:50	0.0	6:49	4:34	
22	Sun	5:03	5.5	5:31	4.8	11:39	0.0	11:37	-0.2	6:50	4:34	
23	Mon	5:51	5.9	6:20	4.9			12:30	-0.2	6:51	4:33	
24	Tue	6:38	6.2	7:10	4.9	12:26	-0.3	1:23	-0.4	6:52	4:33	
25	Wed	7:26	6.3	8:01	4.9	1:18	-0.4	2:15	-0.6	6:53	4:32	
26	Thu	8:18	6.2	8:57	4.8	2:10	-0.4	3:07	-0.6	6:54	4:32	
27	Fri	9:13	6.0	9:57	4.7	3:03	-0.3	3:58	-0.5	6:55	4:31	
28	Sat	10:13	5.7	11:00	4.7	3:56	-0.1	4:51	-0.3	6:56	4:31	
29	Sun	11:15	5.4			4:53	0.2	5:48	-0.1	6:58	4:30	
30	Mon	12:02	4.7	12:16	5.1	5:57	0.4	6:50	0.0	6:59	4:30	