

































## Atlantic Highlands, NJ - Jul 2028

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:17	4.6	4:00	5.6	9:48	0.3	10:39	0.5	5:30	8:30	
2	Sun	4:20	4.4	4:59	5.6	10:44	0.3	11:36	0.4	5:30	8:30	
3	Mon	5:24	4.4	5:56	5.7	11:37	0.4			5:31	8:29	
4	Tue	6:23	4.5	6:48	5.7	12:29	0.3	12:28	0.4	5:31	8:29	
5	Wed	7:15	4.6	7:34	5.7	1:19	0.2	1:18	0.5	5:32	8:29	
6	Thu	8:02	4.6	8:18	5.7	2:07	0.1	2:07	0.5	5:32	8:29	
7	Fri	8:47	4.7	9:00	5.6	2:52	0.1	2:53	0.6	5:33	8:28	
8	Sat	9:31	4.7	9:41	5.4	3:34	0.1	3:36	0.6	5:34	8:28	
9	Sun	10:14	4.6	10:22	5.2	4:12	0.2	4:17	0.7	5:34	8:28	
10	Mon	10:58	4.6	11:04	4.9	4:47	0.3	4:55	0.9	5:35	8:27	
11	Tue	11:41	4.6	11:46	4.7	5:21	0.4	5:35	1.1	5:36	8:27	
12	Wed			12:24	4.6	5:55	0.6	6:17	1.3	5:37	8:26	
13	Thu	12:30	4.5	1:06	4.6	6:31	0.7	7:08	1.4	5:37	8:26	
14	Fri	1:14	4.3	1:46	4.7	7:12	0.9	8:10	1.5	5:38	8:25	
15	Sat	1:59	4.1	2:28	4.7	8:02	1.0	9:15	1.4	5:39	8:25	
16	Sun	2:48	4.0	3:15	4.9	9:00	1.0	10:16	1.2	5:40	8:24	
17	Mon	3:46	3.9	4:11	5.0	9:59	1.0	11:12	0.9	5:40	8:23	
18	Tue	4:51	4.0	5:11	5.3	10:56	0.8			5:41	8:23	
19	Wed	5:52	4.2	6:08	5.6	12:04	0.6	11:51 AM	0.6	5:42	8:22	
20	Thu	6:47	4.5	7:00	5.9	12:55	0.3	12:45	0.3	5:43	8:21	
21	Fri	7:37	4.9	7:49	6.2	1:45	0.0	1:39	0.1	5:44	8:20	
22	Sat	8:26	5.2	8:38	6.3	2:35	-0.3	2:34	-0.1	5:45	8:20	
23	Sun	9:16	5.4	9:27	6.2	3:22	-0.5	3:27	-0.2	5:46	8:19	
24	Mon	10:07	5.6	10:19	6.0	4:07	-0.6	4:18	-0.2	5:46	8:18	
25	Tue	11:01	5.7	11:13	5.7	4:52	-0.6	5:09	-0.1	5:47	8:17	
26	Wed	11:56	5.7			5:38	-0.5	6:03	0.2	5:48	8:16	
27	Thu	12:09	5.4	12:52	5.7	6:27	-0.2	7:04	0.4	5:49	8:15	
28	Fri	1:06	5.0	1:47	5.6	7:21	0.1	8:10	0.7	5:50	8:14	
29	Sat	2:02	4.7	2:41	5.5	8:22	0.4	9:18	0.8	5:51	8:13	
30	Sun	3:00	4.4	3:38	5.4	9:25	0.6	10:22	0.7	5:52	8:12	
31	Mon	4:02	4.3	4:38	5.3	10:25	0.7	11:19	0.7	5:53	8:11	