

## Atlantic Highlands, NJ - Jan 2030

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:42	5.5	5:10	4.4	11:17	-0.5	11:23	-0.6	7:19	4:40	☾
2	Wed	5:40	5.7	6:07	4.6			12:12	-0.8	7:19	4:41	☾
3	Thu	6:33	5.8	7:00	4.8	12:18	-0.7	1:05	-0.9	7:19	4:42	☾
4	Fri	7:22	5.8	7:51	4.8	1:12	-0.8	1:55	-1.1	7:19	4:43	☾
5	Sat	8:11	5.7	8:41	4.8	2:04	-0.7	2:42	-1.1	7:19	4:43	☾
6	Sun	8:59	5.5	9:30	4.7	2:53	-0.6	3:26	-0.9	7:19	4:44	☾
7	Mon	9:47	5.1	10:20	4.6	3:39	-0.4	4:08	-0.7	7:19	4:45	☾
8	Tue	10:35	4.8	11:10	4.4	4:24	-0.1	4:49	-0.4	7:18	4:46	☾
9	Wed	11:24	4.4	11:58	4.3	5:10	0.2	5:31	-0.1	7:18	4:47	☾
10	Thu			12:12	4.1	6:02	0.5	6:17	0.2	7:18	4:48	☾
11	Fri	12:44	4.2	1:00	3.8	7:01	0.7	7:08	0.4	7:18	4:49	☾
12	Sat	1:30	4.1	1:49	3.6	8:04	0.8	8:02	0.5	7:18	4:51	☾
13	Sun	2:18	4.1	2:43	3.5	9:03	0.7	8:57	0.5	7:17	4:52	☾
14	Mon	3:12	4.1	3:42	3.5	9:57	0.6	9:49	0.4	7:17	4:53	☾
15	Tue	4:07	4.3	4:40	3.6	10:46	0.4	10:38	0.3	7:16	4:54	☾
16	Wed	4:59	4.5	5:30	3.7	11:33	0.1	11:24	0.1	7:16	4:55	☾
17	Thu	5:44	4.7	6:15	4.0			12:17	-0.1	7:16	4:56	☾
18	Fri	6:25	4.9	6:55	4.1	12:10	0.0	1:01	-0.3	7:15	4:57	☾
19	Sat	7:03	5.0	7:34	4.3	12:55	-0.2	1:43	-0.5	7:15	4:58	☾
20	Sun	7:40	5.1	8:13	4.4	1:40	-0.3	2:23	-0.6	7:14	4:59	☾
21	Mon	8:18	5.1	8:54	4.5	2:23	-0.4	3:01	-0.7	7:13	5:01	☾
22	Tue	8:59	5.0	9:37	4.6	3:06	-0.5	3:38	-0.7	7:13	5:02	☾
23	Wed	9:44	4.8	10:26	4.7	3:49	-0.4	4:16	-0.6	7:12	5:03	☾
24	Thu	10:35	4.6	11:19	4.7	4:35	-0.3	4:57	-0.5	7:11	5:04	☾
25	Fri	11:32	4.4			5:30	-0.1	5:48	-0.3	7:11	5:05	☾
26	Sat	12:15	4.8	12:31	4.1	6:36	0.1	6:51	-0.2	7:10	5:07	☾
27	Sun	1:13	4.8	1:33	4.0	7:50	0.2	8:02	-0.1	7:09	5:08	☾
28	Mon	2:15	4.8	2:40	3.9	9:01	0.0	9:10	-0.2	7:08	5:09	☾
29	Tue	3:21	4.9	3:51	4.0	10:05	-0.2	10:13	-0.3	7:07	5:10	☾
30	Wed	4:28	5.1	4:58	4.2	11:02	-0.5	11:11	-0.5	7:06	5:11	☾
31	Thu	5:27	5.3	5:55	4.5	11:56	-0.7			7:05	5:13	☾