
































## Atlantic Highlands, NJ - Apr 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:23	5.0	7:43	5.2	1:20	-0.1	1:34	-0.3	6:39	7:20	
2	Tue	8:03	4.9	8:21	5.3	2:04	-0.2	2:14	-0.2	6:37	7:21	
3	Wed	8:42	4.9	8:57	5.3	2:47	-0.2	2:52	-0.1	6:35	7:22	
4	Thu	9:21	4.7	9:32	5.2	3:26	-0.2	3:28	0.0	6:34	7:23	
5	Fri	10:00	4.5	10:07	5.0	4:04	-0.1	4:02	0.2	6:32	7:24	
6	Sat	10:41	4.3	10:42	4.8	4:40	0.1	4:35	0.4	6:31	7:25	
7	Sun	11:24	4.1	11:20	4.6	5:17	0.4	5:08	0.6	6:29	7:26	
8	Mon			12:12	3.9	5:55	0.6	5:44	0.8	6:27	7:27	
9	Tue	12:04	4.4	1:01	3.8	6:40	0.8	6:28	1.0	6:26	7:28	
10	Wed	12:54	4.3	1:51	3.8	7:39	0.9	7:32	1.2	6:24	7:29	
11	Thu	1:47	4.3	2:43	3.9	8:45	0.9	8:49	1.1	6:23	7:30	
12	Fri	2:43	4.3	3:38	4.1	9:46	0.8	9:58	0.9	6:21	7:32	
13	Sat	3:45	4.4	4:36	4.4	10:39	0.5	10:57	0.6	6:20	7:33	
14	Sun	4:49	4.6	5:32	4.9	11:28	0.2	11:51	0.1	6:18	7:34	
15	Mon	5:49	4.9	6:23	5.4			12:15	-0.1	6:17	7:35	
16	Tue	6:42	5.1	7:10	5.8	12:44	-0.2	1:02	-0.4	6:15	7:36	
17	Wed	7:31	5.3	7:57	6.2	1:36	-0.6	1:50	-0.6	6:14	7:37	
18	Thu	8:20	5.4	8:44	6.3	2:29	-0.8	2:40	-0.7	6:12	7:38	
19	Fri	9:11	5.3	9:34	6.3	3:20	-0.9	3:29	-0.6	6:11	7:39	
20	Sat	10:04	5.2	10:28	6.1	4:11	-0.9	4:18	-0.5	6:09	7:40	
21	Sun	11:02	5.0	11:26	5.8	5:01	-0.7	5:09	-0.2	6:08	7:41	
22	Mon			12:04	4.8	5:54	-0.4	6:04	0.1	6:06	7:42	
23	Tue	12:27	5.5	1:05	4.7	6:53	-0.1	7:08	0.5	6:05	7:43	
24	Wed	1:27	5.2	2:05	4.7	7:57	0.1	8:19	0.7	6:04	7:44	
25	Thu	2:25	5.0	3:02	4.7	9:00	0.3	9:28	0.7	6:02	7:45	
26	Fri	3:22	4.8	4:00	4.7	9:59	0.3	10:29	0.6	6:01	7:46	
27	Sat	4:21	4.7	4:57	4.9	10:50	0.2	11:23	0.5	5:59	7:47	
28	Sun	5:18	4.6	5:49	5.1	11:36	0.2			5:58	7:48	
29	Mon	6:10	4.7	6:34	5.3	12:11	0.4	12:18	0.2	5:57	7:49	
30	Tue	6:55	4.7	7:14	5.4	12:56	0.2	12:58	0.2	5:56	7:50	