










Atlantic Highlands, NJ - Jun 2030

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 8:32 | 4.5 | 8:36 | 5.4 | 2:39 | 0.3 | 2:28 | 0.6 | 5:27 | 8:20 |  |
| 2 | Sun | 9:12 | 4.5 | 9:10 | 5.3 | 3:20 | 0.2 | 3:09 | 0.7 | 5:27 | 8:20 |  |
| 3 | Mon | 9:53 | 4.4 | 9:44 | 5.2 | 3:58 | 0.3 | 3:48 | 0.7 | 5:27 | 8:21 |  |
| 4 | Tue | 10:34 | 4.3 | 10:20 | 5.1 | 4:35 | 0.3 | 4:25 | 0.8 | 5:26 | 8:22 |  |
| 5 | Wed | 11:17 | 4.3 | 11:00 | 5.0 | 5:10 | 0.4 | 5:02 | 0.9 | 5:26 | 8:22 |  |
| 6 | Thu | | | 12:03 | 4.4 | 5:46 | 0.5 | 5:44 | 1.0 | 5:26 | 8:23 |  |
| 7 | Fri | | | 12:50 | 4.5 | 6:26 | 0.6 | 6:35 | 1.1 | 5:25 | 8:24 |  |
| 8 | Sat | 12:40 | 4.8 | 1:38 | 4.7 | 7:14 | 0.6 | 7:41 | 1.1 | 5:25 | 8:24 |  |
| 9 | Sun | 1:35 | 4.7 | 2:28 | 5.0 | 8:11 | 0.6 | 8:53 | 1.0 | 5:25 | 8:25 |  |
| 10 | Mon | 2:33 | 4.7 | 3:22 | 5.3 | 9:12 | 0.4 | 10:01 | 0.7 | 5:25 | 8:25 |  |
| 11 | Tue | 3:35 | 4.6 | 4:22 | 5.6 | 10:11 | 0.3 | 11:03 | 0.4 | 5:25 | 8:26 |  |
| 12 | Wed | 4:43 | 4.7 | 5:24 | 6.0 | 11:09 | 0.1 | | | 5:25 | 8:26 |  |
| 13 | Thu | 5:50 | 4.8 | 6:23 | 6.3 | 12:02 | 0.0 | 12:05 | -0.1 | 5:25 | 8:27 |  |
| 14 | Fri | 6:50 | 5.0 | 7:17 | 6.5 | 12:58 | -0.3 | 1:01 | -0.2 | 5:25 | 8:27 |  |
| 15 | Sat | 7:46 | 5.2 | 8:10 | 6.6 | 1:54 | -0.5 | 1:58 | -0.3 | 5:25 | 8:28 |  |
| 16 | Sun | 8:41 | 5.3 | 9:03 | 6.5 | 2:48 | -0.7 | 2:55 | -0.3 | 5:25 | 8:28 |  |
| 17 | Mon | 9:37 | 5.3 | 9:56 | 6.3 | 3:40 | -0.7 | 3:49 | -0.2 | 5:25 | 8:28 |  |
| 18 | Tue | 10:33 | 5.3 | 10:50 | 6.0 | 4:29 | -0.7 | 4:40 | 0.0 | 5:25 | 8:29 |  |
| 19 | Wed | 11:29 | 5.2 | 11:45 | 5.6 | 5:17 | -0.5 | 5:31 | 0.3 | 5:25 | 8:29 |  |
| 20 | Thu | | | 12:25 | 5.2 | 6:05 | -0.2 | 6:26 | 0.6 | 5:25 | 8:29 |  |
| 21 | Fri | 12:39 | 5.3 | 1:17 | 5.1 | 6:54 | 0.1 | 7:25 | 0.9 | 5:26 | 8:29 |  |
| 22 | Sat | 1:30 | 4.9 | 2:07 | 5.0 | 7:46 | 0.4 | 8:27 | 1.0 | 5:26 | 8:30 |  |
| 23 | Sun | 2:19 | 4.6 | 2:54 | 5.0 | 8:39 | 0.6 | 9:28 | 1.1 | 5:26 | 8:30 |  |
| 24 | Mon | 3:09 | 4.4 | 3:43 | 5.0 | 9:30 | 0.7 | 10:23 | 1.0 | 5:26 | 8:30 |  |
| 25 | Tue | 4:02 | 4.2 | 4:34 | 5.0 | 10:18 | 0.8 | 11:14 | 0.9 | 5:27 | 8:30 |  |
| 26 | Wed | 4:58 | 4.2 | 5:25 | 5.1 | 11:04 | 0.8 | | | 5:27 | 8:30 |  |
| 27 | Thu | 5:53 | 4.2 | 6:12 | 5.2 | 12:00 | 0.8 | 11:49 AM | 0.7 | 5:28 | 8:30 |  |
| 28 | Fri | 6:42 | 4.3 | 6:55 | 5.3 | 12:45 | 0.6 | 12:33 | 0.7 | 5:28 | 8:30 |  |
| 29 | Sat | 7:26 | 4.4 | 7:35 | 5.4 | 1:30 | 0.5 | 1:18 | 0.7 | 5:28 | 8:30 |  |
| 30 | Sun | 8:08 | 4.5 | 8:12 | 5.5 | 2:13 | 0.3 | 2:03 | 0.6 | 5:29 | 8:30 |  |