



## Atlantic Highlands, NJ - Jul 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:48	4.5	8:48	5.4	2:55	0.2	2:46	0.6	5:29	8:30	☀
2	Tue	9:28	4.6	9:23	5.4	3:35	0.2	3:28	0.6	5:30	8:30	☀
3	Wed	10:07	4.6	9:59	5.3	4:11	0.2	4:07	0.6	5:30	8:30	☀
4	Thu	10:48	4.6	10:39	5.2	4:46	0.2	4:46	0.7	5:31	8:29	☀
5	Fri	11:32	4.7	11:25	5.0	5:21	0.2	5:28	0.8	5:32	8:29	☀
6	Sat			12:19	4.9	5:57	0.3	6:17	0.8	5:32	8:29	☀
7	Sun	12:17	4.9	1:09	5.1	6:41	0.4	7:18	0.9	5:33	8:29	☀
8	Mon	1:13	4.8	2:01	5.3	7:35	0.4	8:30	0.9	5:33	8:28	☀
9	Tue	2:11	4.6	2:57	5.5	8:39	0.4	9:40	0.7	5:34	8:28	☀
10	Wed	3:13	4.6	3:58	5.7	9:45	0.3	10:45	0.4	5:35	8:27	☀
11	Thu	4:22	4.6	5:04	5.9	10:48	0.2	11:45	0.1	5:36	8:27	☀
12	Fri	5:33	4.7	6:06	6.1	11:48	0.0			5:36	8:27	☀
13	Sat	6:36	5.0	7:03	6.3	12:42	-0.1	12:46	-0.1	5:37	8:26	☀
14	Sun	7:32	5.2	7:55	6.4	1:37	-0.4	1:43	-0.2	5:38	8:25	☀
15	Mon	8:26	5.4	8:46	6.3	2:30	-0.6	2:39	-0.2	5:38	8:25	☀
16	Tue	9:18	5.4	9:36	6.2	3:20	-0.7	3:32	-0.2	5:39	8:24	☀
17	Wed	10:10	5.4	10:26	5.9	4:06	-0.6	4:21	0.0	5:40	8:24	☀
18	Thu	11:01	5.4	11:16	5.5	4:50	-0.4	5:08	0.3	5:41	8:23	☀
19	Fri	11:52	5.2			5:32	-0.2	5:56	0.6	5:42	8:22	☀
20	Sat	12:07	5.1	12:42	5.1	6:15	0.2	6:48	0.9	5:43	8:22	☀
21	Sun	12:56	4.8	1:29	5.0	7:00	0.5	7:46	1.1	5:43	8:21	☀
22	Mon	1:45	4.5	2:15	4.9	7:49	0.8	8:47	1.2	5:44	8:20	☀
23	Tue	2:33	4.3	3:02	4.9	8:42	1.0	9:46	1.2	5:45	8:19	☀
24	Wed	3:25	4.1	3:52	4.8	9:36	1.0	10:40	1.1	5:46	8:18	☀
25	Thu	4:21	4.0	4:46	4.9	10:29	1.0	11:30	1.0	5:47	8:17	☀
26	Fri	5:20	4.1	5:40	5.0	11:18	0.9			5:48	8:17	☀
27	Sat	6:13	4.2	6:27	5.2	12:16	0.8	12:06	0.8	5:49	8:16	☀
28	Sun	6:59	4.4	7:09	5.4	1:00	0.6	12:52	0.7	5:50	8:15	☀
29	Mon	7:41	4.6	7:47	5.5	1:44	0.4	1:38	0.6	5:51	8:14	☀
30	Tue	8:21	4.8	8:24	5.6	2:26	0.2	2:23	0.5	5:51	8:13	☀
31	Wed	8:59	4.9	9:00	5.5	3:06	0.1	3:06	0.4	5:52	8:12	☀