

































Atlantic Highlands, NJ - Dec 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:16	4.8	12:34	5.0	6:23	0.5	6:58	0.0	7:00	4:30	
2	Mon	1:12	4.8	1:29	4.7	7:32	0.6	7:57	0.1	7:01	4:30	
3	Tue	2:06	4.8	2:23	4.5	8:37	0.6	8:52	0.2	7:02	4:29	
4	Wed	3:00	4.8	3:19	4.3	9:35	0.5	9:41	0.2	7:03	4:29	
5	Thu	3:54	4.9	4:15	4.2	10:26	0.4	10:26	0.2	7:03	4:29	
6	Fri	4:44	5.0	5:07	4.3	11:13	0.3	11:09	0.2	7:04	4:29	
7	Sat	5:29	5.1	5:53	4.3	11:57	0.1	11:50	0.2	7:05	4:29	
8	Sun	6:10	5.2	6:35	4.3			12:41	0.1	7:06	4:29	
9	Mon	6:48	5.2	7:16	4.3	12:32	0.2	1:23	0.0	7:07	4:29	
10	Tue	7:25	5.2	7:56	4.3	1:14	0.2	2:04	0.0	7:08	4:29	
11	Wed	8:00	5.1	8:36	4.2	1:55	0.2	2:43	0.0	7:09	4:29	
12	Thu	8:35	5.0	9:16	4.1	2:34	0.3	3:19	0.0	7:09	4:29	
13	Fri	9:09	4.8	9:57	4.0	3:11	0.4	3:54	0.1	7:10	4:30	
14	Sat	9:45	4.6	10:40	4.0	3:47	0.5	4:28	0.2	7:11	4:30	
15	Sun	10:26	4.5	11:26	4.0	4:25	0.6	5:04	0.3	7:12	4:30	
16	Mon	11:15	4.4			5:08	0.8	5:46	0.4	7:12	4:30	
17	Tue	12:13	4.2	12:08	4.3	6:06	0.8	6:39	0.4	7:13	4:31	
18	Wed	1:01	4.4	1:04	4.2	7:18	0.8	7:40	0.3	7:14	4:31	
19	Thu	1:53	4.6	2:04	4.1	8:30	0.6	8:42	0.1	7:14	4:31	
20	Fri	2:51	4.9	3:10	4.2	9:35	0.3	9:42	-0.1	7:15	4:32	
21	Sat	3:54	5.3	4:19	4.3	10:34	-0.1	10:38	-0.4	7:15	4:32	
22	Sun	4:55	5.6	5:21	4.5	11:31	-0.5	11:34	-0.6	7:16	4:33	
23	Mon	5:51	5.9	6:18	4.8			12:26	-0.8	7:16	4:33	
24	Tue	6:44	6.1	7:12	5.0	12:30	-0.8	1:20	-1.0	7:17	4:34	
25	Wed	7:36	6.2	8:06	5.0	1:27	-0.9	2:13	-1.2	7:17	4:35	
26	Thu	8:28	6.0	9:00	5.0	2:21	-0.9	3:02	-1.2	7:17	4:35	
27	Fri	9:22	5.8	9:56	5.0	3:13	-0.8	3:50	-1.1	7:18	4:36	
28	Sat	10:16	5.4	10:53	4.8	4:05	-0.5	4:38	-0.9	7:18	4:37	
29	Sun	11:11	5.0	11:48	4.7	4:57	-0.2	5:27	-0.5	7:18	4:37	
30	Mon			12:05	4.7	5:55	0.2	6:20	-0.2	7:18	4:38	
31	Tue	12:41	4.6	12:58	4.3	6:58	0.4	7:15	0.0	7:19	4:39	