































Atlantic Highlands, NJ - Jun 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:13	4.4	4:58	5.3	10:47	0.5	11:33	0.5	5:27	8:20	
2	Mon	5:17	4.6	5:52	5.7	11:38	0.2			5:27	8:20	
3	Tue	6:16	4.8	6:44	6.1	12:26	0.1	12:29	0.0	5:27	8:21	
4	Wed	7:10	5.0	7:34	6.4	1:19	-0.2	1:21	-0.1	5:26	8:22	
5	Thu	8:02	5.2	8:24	6.5	2:13	-0.5	2:16	-0.3	5:26	8:22	
6	Fri	8:56	5.3	9:16	6.5	3:06	-0.7	3:10	-0.3	5:26	8:23	
7	Sat	9:51	5.3	10:11	6.3	3:57	-0.8	4:04	-0.3	5:26	8:24	
8	Sun	10:49	5.3	11:08	6.1	4:46	-0.7	4:57	-0.1	5:25	8:24	
9	Mon	11:49	5.3			5:36	-0.6	5:52	0.1	5:25	8:25	
10	Tue	12:07	5.8	12:48	5.3	6:29	-0.4	6:53	0.4	5:25	8:25	
11	Wed	1:04	5.5	1:43	5.3	7:25	-0.1	7:59	0.6	5:25	8:26	
12	Thu	1:59	5.2	2:37	5.3	8:23	0.1	9:05	0.7	5:25	8:26	
13	Fri	2:53	4.9	3:30	5.3	9:20	0.2	10:07	0.7	5:25	8:27	
14	Sat	3:49	4.6	4:24	5.3	10:13	0.3	11:02	0.6	5:25	8:27	
15	Sun	4:46	4.5	5:18	5.3	11:02	0.4	11:52	0.5	5:25	8:28	
16	Mon	5:43	4.5	6:08	5.4	11:48	0.5			5:25	8:28	
17	Tue	6:33	4.5	6:52	5.5	12:39	0.4	12:32	0.5	5:25	8:28	
18	Wed	7:19	4.6	7:33	5.5	1:24	0.3	1:15	0.5	5:25	8:29	
19	Thu	8:02	4.6	8:12	5.5	2:09	0.3	1:59	0.6	5:25	8:29	
20	Fri	8:44	4.6	8:50	5.4	2:51	0.2	2:42	0.6	5:25	8:29	
21	Sat	9:26	4.6	9:26	5.3	3:31	0.2	3:24	0.7	5:26	8:29	
22	Sun	10:08	4.5	10:02	5.1	4:08	0.3	4:03	0.7	5:26	8:30	
23	Mon	10:50	4.5	10:39	5.0	4:44	0.3	4:40	0.9	5:26	8:30	
24	Tue	11:33	4.4	11:17	4.8	5:18	0.4	5:18	1.0	5:26	8:30	
25	Wed			12:16	4.5	5:52	0.5	5:58	1.1	5:27	8:30	
26	Thu	12:00	4.7	12:59	4.6	6:28	0.6	6:48	1.2	5:27	8:30	
27	Fri	12:48	4.6	1:42	4.8	7:12	0.7	7:51	1.2	5:27	8:30	
28	Sat	1:39	4.5	2:29	5.0	8:07	0.7	9:01	1.1	5:28	8:30	
29	Sun	2:34	4.4	3:21	5.2	9:08	0.7	10:06	0.8	5:28	8:30	
30	Mon	3:35	4.4	4:21	5.5	10:09	0.5	11:07	0.5	5:29	8:30	