

































Atlantic Highlands, NJ - Jul 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:44	4.5	5:23	5.8	11:07	0.3			5:29	8:30	
2	Wed	5:51	4.7	6:21	6.2	12:03	0.1	12:04	0.0	5:30	8:30	
3	Thu	6:50	5.0	7:16	6.4	12:59	-0.2	1:01	-0.2	5:30	8:30	
4	Fri	7:46	5.3	8:09	6.6	1:54	-0.5	1:59	-0.3	5:31	8:29	
5	Sat	8:40	5.5	9:01	6.5	2:47	-0.7	2:56	-0.4	5:31	8:29	
6	Sun	9:35	5.6	9:55	6.4	3:38	-0.9	3:50	-0.4	5:32	8:29	
7	Mon	10:31	5.6	10:49	6.1	4:27	-0.9	4:42	-0.2	5:33	8:29	
8	Tue	11:28	5.6	11:45	5.8	5:14	-0.7	5:35	0.0	5:33	8:28	
9	Wed			12:24	5.5	6:03	-0.4	6:31	0.3	5:34	8:28	
10	Thu	12:40	5.4	1:18	5.4	6:54	-0.1	7:32	0.6	5:35	8:28	
11	Fri	1:34	5.0	2:09	5.3	7:48	0.2	8:36	0.8	5:35	8:27	
12	Sat	2:26	4.7	3:00	5.2	8:44	0.5	9:39	0.9	5:36	8:27	
13	Sun	3:19	4.5	3:52	5.1	9:39	0.6	10:36	0.9	5:37	8:26	
14	Mon	4:15	4.3	4:46	5.1	10:30	0.7	11:27	0.8	5:38	8:26	
15	Tue	5:13	4.3	5:39	5.2	11:19	0.7			5:38	8:25	
16	Wed	6:07	4.3	6:26	5.3	12:14	0.6	12:05	0.7	5:39	8:24	
17	Thu	6:55	4.5	7:09	5.4	12:58	0.5	12:49	0.7	5:40	8:24	
18	Fri	7:39	4.6	7:49	5.4	1:42	0.4	1:34	0.6	5:41	8:23	
19	Sat	8:20	4.7	8:26	5.4	2:24	0.3	2:18	0.6	5:42	8:22	
20	Sun	9:00	4.7	9:01	5.3	3:04	0.2	3:01	0.6	5:42	8:22	
21	Mon	9:38	4.7	9:35	5.2	3:41	0.2	3:41	0.6	5:43	8:21	
22	Tue	10:16	4.7	10:09	5.1	4:15	0.2	4:18	0.7	5:44	8:20	
23	Wed	10:54	4.7	10:45	4.9	4:47	0.3	4:55	0.8	5:45	8:19	
24	Thu	11:34	4.8	11:26	4.8	5:18	0.4	5:34	0.9	5:46	8:19	
25	Fri			12:17	4.9	5:51	0.5	6:19	1.0	5:47	8:18	
26	Sat	12:15	4.6	1:04	5.0	6:30	0.6	7:18	1.1	5:48	8:17	
27	Sun	1:10	4.5	1:55	5.2	7:22	0.7	8:29	1.0	5:49	8:16	
28	Mon	2:08	4.4	2:51	5.4	8:30	0.7	9:40	0.9	5:49	8:15	
29	Tue	3:11	4.4	3:54	5.5	9:41	0.6	10:45	0.5	5:50	8:14	
30	Wed	4:21	4.5	5:01	5.8	10:47	0.3	11:44	0.2	5:51	8:13	
31	Thu	5:32	4.8	6:04	6.1	11:48	0.1			5:52	8:12	