

## Atlantic Highlands, NJ - Jan 2032

| Date |     | High  |     |       |     | Low   |      |       |      | ☀    |      | ☾    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise | Set  | Moon |
| 1    | Thu | 9:29  | 4.6 | 10:13 | 4.0 | 3:27  | 0.2  | 4:03  | -0.1 | 7:19 | 4:40 | ☉    |
| 2    | Fri | 10:06 | 4.3 | 10:56 | 4.0 | 4:04  | 0.4  | 4:36  | 0.1  | 7:19 | 4:40 | ☾    |
| 3    | Sat | 10:46 | 4.2 | 11:39 | 4.0 | 4:42  | 0.5  | 5:11  | 0.2  | 7:19 | 4:41 | ☾    |
| 4    | Sun | 11:31 | 4.0 |       |     | 5:26  | 0.7  | 5:51  | 0.3  | 7:19 | 4:42 | ☾    |
| 5    | Mon | 12:23 | 4.1 | 12:20 | 3.9 | 6:23  | 0.8  | 6:43  | 0.4  | 7:19 | 4:43 | ☾    |
| 6    | Tue | 1:09  | 4.2 | 1:13  | 3.8 | 7:33  | 0.8  | 7:45  | 0.4  | 7:19 | 4:44 | ☾    |
| 7    | Wed | 1:59  | 4.4 | 2:12  | 3.8 | 8:42  | 0.6  | 8:49  | 0.2  | 7:19 | 4:45 | ☾    |
| 8    | Thu | 2:57  | 4.6 | 3:19  | 3.8 | 9:44  | 0.2  | 9:48  | 0.0  | 7:19 | 4:46 | ☾    |
| 9    | Fri | 4:00  | 4.9 | 4:26  | 4.1 | 10:41 | -0.1 | 10:44 | -0.3 | 7:18 | 4:47 | ☾    |
| 10   | Sat | 4:59  | 5.3 | 5:26  | 4.4 | 11:35 | -0.5 | 11:39 | -0.6 | 7:18 | 4:48 | ☾    |
| 11   | Sun | 5:54  | 5.7 | 6:21  | 4.7 |       |      | 12:28 | -0.9 | 7:18 | 4:49 | ☾    |
| 12   | Mon | 6:45  | 5.9 | 7:13  | 5.0 | 12:34 | -0.9 | 1:20  | -1.2 | 7:18 | 4:50 | ☾    |
| 13   | Tue | 7:36  | 6.0 | 8:05  | 5.1 | 1:29  | -1.1 | 2:11  | -1.4 | 7:17 | 4:51 | ☾    |
| 14   | Wed | 8:27  | 6.0 | 8:58  | 5.2 | 2:23  | -1.1 | 3:00  | -1.5 | 7:17 | 4:52 | ☾    |
| 15   | Thu | 9:20  | 5.8 | 9:53  | 5.2 | 3:15  | -1.1 | 3:47  | -1.4 | 7:17 | 4:53 | ☾    |
| 16   | Fri | 10:14 | 5.4 | 10:49 | 5.1 | 4:06  | -0.9 | 4:34  | -1.2 | 7:16 | 4:54 | ☾    |
| 17   | Sat | 11:10 | 5.1 | 11:46 | 4.9 | 4:59  | -0.6 | 5:24  | -0.9 | 7:16 | 4:55 | ☾    |
| 18   | Sun |       |     | 12:06 | 4.7 | 5:58  | -0.2 | 6:19  | -0.5 | 7:15 | 4:57 | ☾    |
| 19   | Mon | 12:40 | 4.8 | 1:01  | 4.3 | 7:03  | 0.1  | 7:18  | -0.2 | 7:15 | 4:58 | ☾    |
| 20   | Tue | 1:34  | 4.6 | 1:56  | 4.0 | 8:10  | 0.2  | 8:18  | 0.0  | 7:14 | 4:59 | ☾    |
| 21   | Wed | 2:29  | 4.5 | 2:54  | 3.8 | 9:12  | 0.3  | 9:14  | 0.1  | 7:14 | 5:00 | ☾    |
| 22   | Thu | 3:26  | 4.4 | 3:54  | 3.8 | 10:08 | 0.2  | 10:07 | 0.1  | 7:13 | 5:01 | ☾    |
| 23   | Fri | 4:24  | 4.5 | 4:51  | 3.8 | 10:58 | 0.1  | 10:55 | 0.1  | 7:12 | 5:02 | ☾    |
| 24   | Sat | 5:15  | 4.6 | 5:41  | 4.0 | 11:44 | -0.1 | 11:40 | 0.0  | 7:12 | 5:04 | ☾    |
| 25   | Sun | 6:00  | 4.7 | 6:25  | 4.1 |       |      | 12:28 | -0.2 | 7:11 | 5:05 | ☾    |
| 26   | Mon | 6:40  | 4.8 | 7:06  | 4.3 | 12:25 | -0.1 | 1:09  | -0.3 | 7:10 | 5:06 | ☾    |
| 27   | Tue | 7:18  | 4.8 | 7:45  | 4.3 | 1:08  | -0.2 | 1:49  | -0.4 | 7:09 | 5:07 | ☾    |
| 28   | Wed | 7:54  | 4.8 | 8:23  | 4.3 | 1:49  | -0.2 | 2:26  | -0.4 | 7:09 | 5:08 | ☾    |
| 29   | Thu | 8:28  | 4.7 | 9:00  | 4.3 | 2:29  | -0.2 | 3:01  | -0.4 | 7:08 | 5:10 | ☾    |
| 30   | Fri | 9:01  | 4.5 | 9:36  | 4.2 | 3:06  | -0.1 | 3:33  | -0.3 | 7:07 | 5:11 | ☾    |
| 31   | Sat | 9:34  | 4.3 | 10:12 | 4.2 | 3:41  | 0.0  | 4:03  | -0.2 | 7:06 | 5:12 | ☾    |