
































Atlantic Highlands, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:13	5.3	10:30	5.9	4:15	-0.7	4:20	-0.3	5:54	7:51	
2	Mon	11:08	5.1	11:22	5.5	5:03	-0.5	5:07	0.0	5:53	7:52	
3	Tue			12:04	4.8	5:51	-0.1	5:55	0.4	5:51	7:53	
4	Wed	12:17	5.2	12:59	4.6	6:43	0.2	6:49	0.8	5:50	7:54	
5	Thu	1:10	4.9	1:52	4.5	7:40	0.5	7:50	1.1	5:49	7:56	
6	Fri	2:02	4.6	2:42	4.5	8:38	0.7	8:54	1.2	5:48	7:57	
7	Sat	2:52	4.4	3:34	4.5	9:33	0.7	9:53	1.1	5:47	7:58	
8	Sun	3:45	4.3	4:26	4.6	10:22	0.7	10:46	1.0	5:46	7:59	
9	Mon	4:40	4.3	5:17	4.8	11:07	0.6	11:34	0.7	5:45	8:00	
10	Tue	5:33	4.4	6:04	5.1	11:49	0.5			5:44	8:01	
11	Wed	6:21	4.5	6:46	5.3	12:19	0.5	12:30	0.4	5:43	8:02	
12	Thu	7:04	4.6	7:24	5.4	1:03	0.3	1:10	0.4	5:42	8:02	
13	Fri	7:44	4.6	8:00	5.5	1:47	0.2	1:51	0.4	5:41	8:03	
14	Sat	8:22	4.7	8:35	5.6	2:30	0.1	2:32	0.4	5:40	8:04	
15	Sun	9:00	4.6	9:10	5.6	3:12	0.0	3:12	0.4	5:39	8:05	
16	Mon	9:39	4.6	9:48	5.5	3:53	0.0	3:50	0.4	5:38	8:06	
17	Tue	10:21	4.5	10:30	5.4	4:32	0.0	4:29	0.5	5:37	8:07	
18	Wed	11:10	4.5	11:21	5.3	5:13	0.1	5:11	0.6	5:36	8:08	
19	Thu			12:05	4.5	5:58	0.2	6:00	0.7	5:35	8:09	
20	Fri	12:18	5.2	1:02	4.7	6:49	0.2	7:03	0.8	5:34	8:10	
21	Sat	1:17	5.2	1:59	4.9	7:50	0.3	8:18	0.8	5:34	8:11	
22	Sun	2:16	5.1	2:56	5.1	8:53	0.2	9:30	0.6	5:33	8:12	
23	Mon	3:17	5.1	3:57	5.4	9:53	0.0	10:35	0.4	5:32	8:13	
24	Tue	4:22	5.1	4:59	5.7	10:50	-0.2	11:34	0.0	5:32	8:14	
25	Wed	5:26	5.1	5:57	6.0	11:44	-0.3			5:31	8:14	
26	Thu	6:25	5.3	6:51	6.2	12:30	-0.2	12:36	-0.4	5:30	8:15	
27	Fri	7:19	5.4	7:41	6.3	1:24	-0.4	1:28	-0.4	5:30	8:16	
28	Sat	8:11	5.4	8:29	6.3	2:17	-0.5	2:20	-0.3	5:29	8:17	
29	Sun	9:02	5.3	9:17	6.1	3:08	-0.6	3:10	-0.2	5:29	8:18	
30	Mon	9:53	5.2	10:06	5.8	3:56	-0.5	3:58	0.0	5:28	8:18	
31	Tue	10:45	5.0	10:55	5.5	4:42	-0.3	4:43	0.3	5:28	8:19	