
































Atlantic Highlands, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:38	4.8	11:46	5.2	5:26	0.0	5:29	0.6	5:27	8:20	
2	Thu			12:30	4.7	6:11	0.3	6:17	0.9	5:27	8:21	
3	Fri	12:36	4.9	1:20	4.7	6:59	0.5	7:11	1.2	5:27	8:21	
4	Sat	1:25	4.6	2:08	4.6	7:51	0.7	8:11	1.3	5:26	8:22	
5	Sun	2:12	4.4	2:55	4.7	8:43	0.8	9:11	1.3	5:26	8:23	
6	Mon	3:00	4.3	3:43	4.7	9:34	0.8	10:08	1.2	5:26	8:23	
7	Tue	3:52	4.2	4:33	4.9	10:22	0.8	10:59	1.0	5:25	8:24	
8	Wed	4:47	4.2	5:23	5.1	11:07	0.7	11:47	0.7	5:25	8:24	
9	Thu	5:41	4.3	6:09	5.3	11:51	0.6			5:25	8:25	
10	Fri	6:30	4.4	6:51	5.5	12:33	0.5	12:34	0.5	5:25	8:26	
11	Sat	7:14	4.5	7:31	5.7	1:18	0.3	1:18	0.5	5:25	8:26	
12	Sun	7:55	4.6	8:09	5.8	2:04	0.1	2:02	0.4	5:25	8:26	
13	Mon	8:37	4.7	8:49	5.8	2:49	0.0	2:47	0.4	5:25	8:27	
14	Tue	9:19	4.8	9:31	5.8	3:33	-0.1	3:32	0.3	5:25	8:27	
15	Wed	10:06	4.8	10:17	5.7	4:15	-0.2	4:17	0.3	5:25	8:28	
16	Thu	10:56	4.9	11:09	5.6	4:58	-0.2	5:03	0.4	5:25	8:28	
17	Fri	11:51	4.9			5:42	-0.1	5:54	0.5	5:25	8:28	
18	Sat	12:06	5.5	12:48	5.1	6:31	-0.1	6:54	0.6	5:25	8:29	
19	Sun	1:03	5.3	1:44	5.3	7:27	0.0	8:04	0.7	5:25	8:29	
20	Mon	2:01	5.1	2:39	5.4	8:28	0.1	9:14	0.6	5:25	8:29	
21	Tue	2:59	5.0	3:37	5.6	9:29	0.0	10:19	0.4	5:26	8:29	
22	Wed	4:01	4.9	4:38	5.7	10:27	0.0	11:19	0.2	5:26	8:30	
23	Thu	5:06	4.9	5:38	5.9	11:22	-0.1			5:26	8:30	
24	Fri	6:07	5.0	6:33	6.0	12:14	0.0	12:16	-0.1	5:27	8:30	
25	Sat	7:02	5.1	7:23	6.1	1:08	-0.2	1:08	-0.1	5:27	8:30	
26	Sun	7:53	5.1	8:10	6.1	1:59	-0.3	1:59	0.0	5:27	8:30	
27	Mon	8:42	5.1	8:56	5.9	2:49	-0.3	2:48	0.1	5:28	8:30	
28	Tue	9:31	5.1	9:41	5.7	3:35	-0.3	3:35	0.2	5:28	8:30	
29	Wed	10:19	5.0	10:26	5.4	4:17	-0.2	4:19	0.4	5:29	8:30	
30	Thu	11:07	4.9	11:12	5.1	4:58	0.0	5:01	0.6	5:29	8:30	