

































## Atlantic Highlands, NJ - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:03	4.6	12:46	4.8	6:12	0.7	6:39	1.2	5:54	8:10	
2	Tue	12:48	4.4	1:29	4.7	6:52	0.9	7:34	1.3	5:55	8:09	
3	Wed	1:34	4.2	2:12	4.7	7:42	1.1	8:38	1.4	5:56	8:08	
4	Thu	2:21	4.1	2:59	4.8	8:40	1.1	9:40	1.3	5:56	8:07	
5	Fri	3:14	4.1	3:51	4.9	9:40	1.1	10:37	1.0	5:57	8:06	
6	Sat	4:15	4.1	4:48	5.1	10:37	0.9	11:29	0.7	5:58	8:05	
7	Sun	5:17	4.3	5:44	5.4	11:30	0.7			5:59	8:03	
8	Mon	6:13	4.6	6:35	5.8	12:19	0.4	12:22	0.4	6:00	8:02	
9	Tue	7:02	5.0	7:22	6.1	1:07	0.0	1:13	0.2	6:01	8:01	
10	Wed	7:50	5.3	8:09	6.2	1:56	-0.3	2:06	-0.1	6:02	8:00	
11	Thu	8:37	5.6	8:57	6.3	2:43	-0.5	2:57	-0.2	6:03	7:58	
12	Fri	9:26	5.8	9:46	6.2	3:30	-0.7	3:48	-0.3	6:04	7:57	
13	Sat	10:17	5.9	10:39	5.9	4:15	-0.7	4:38	-0.2	6:05	7:56	
14	Sun	11:12	5.9	11:35	5.7	5:01	-0.6	5:30	-0.1	6:06	7:54	
15	Mon			12:09	5.8	5:49	-0.4	6:27	0.2	6:07	7:53	
16	Tue	12:33	5.4	1:06	5.7	6:42	-0.1	7:31	0.5	6:08	7:52	
17	Wed	1:32	5.1	2:03	5.6	7:42	0.2	8:40	0.6	6:09	7:50	
18	Thu	2:30	4.9	3:00	5.5	8:47	0.4	9:47	0.6	6:10	7:49	
19	Fri	3:30	4.7	4:00	5.4	9:50	0.5	10:47	0.5	6:11	7:47	
20	Sat	4:33	4.7	5:02	5.4	10:49	0.5	11:41	0.4	6:12	7:46	
21	Sun	5:34	4.8	5:58	5.5	11:42	0.5			6:13	7:44	
22	Mon	6:28	4.9	6:47	5.5	12:29	0.3	12:32	0.4	6:14	7:43	
23	Tue	7:15	5.1	7:30	5.6	1:15	0.2	1:19	0.4	6:15	7:41	
24	Wed	7:57	5.2	8:10	5.6	1:58	0.1	2:04	0.4	6:16	7:40	
25	Thu	8:38	5.3	8:49	5.5	2:39	0.1	2:47	0.4	6:17	7:38	
26	Fri	9:17	5.3	9:26	5.3	3:17	0.2	3:28	0.4	6:18	7:37	
27	Sat	9:56	5.2	10:04	5.1	3:52	0.3	4:06	0.5	6:19	7:35	
28	Sun	10:35	5.1	10:42	4.8	4:26	0.4	4:44	0.7	6:20	7:34	
29	Mon	11:15	5.0	11:22	4.6	4:58	0.6	5:21	0.9	6:21	7:32	
30	Tue	11:56	4.9			5:29	0.8	6:01	1.1	6:22	7:31	
31	Wed	12:05	4.4	12:40	4.8	6:03	1.0	6:49	1.3	6:23	7:29	