
































Atlantic Highlands, NJ - Nov 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:46	4.6	3:07	5.1	9:14	1.0	9:52	0.4	7:26	5:52	
2	Wed	3:47	5.0	4:12	5.2	10:21	0.6	10:48	0.0	7:27	5:51	
3	Thu	4:49	5.4	5:15	5.4	11:21	0.2	11:40	-0.3	7:28	5:50	
4	Fri	5:48	5.8	6:14	5.6			12:17	-0.2	7:30	5:49	
5	Sat	6:42	6.2	7:08	5.8	12:31	-0.6	1:11	-0.5	7:31	5:48	
6	Sun	6:32	6.5	6:59	5.8	1:22	-0.7	1:05	-0.7	6:32	4:47	
7	Mon	7:22	6.6	7:51	5.7	1:14	-0.8	1:58	-0.8	6:33	4:46	
8	Tue	8:12	6.5	8:44	5.5	2:05	-0.7	2:50	-0.7	6:34	4:45	
9	Wed	9:03	6.2	9:39	5.3	2:55	-0.5	3:39	-0.5	6:35	4:44	
10	Thu	9:57	5.8	10:37	5.0	3:43	-0.2	4:29	-0.2	6:37	4:43	
11	Fri	10:54	5.5	11:35	4.8	4:33	0.2	5:22	0.1	6:38	4:42	
12	Sat	11:50	5.1			5:27	0.6	6:19	0.4	6:39	4:41	
13	Sun	12:31	4.6	12:45	4.8	6:28	0.9	7:19	0.6	6:40	4:40	
14	Mon	1:24	4.6	1:37	4.6	7:34	1.1	8:16	0.7	6:41	4:39	
15	Tue	2:16	4.6	2:29	4.4	8:35	1.1	9:07	0.6	6:42	4:38	
16	Wed	3:08	4.6	3:23	4.4	9:30	0.9	9:53	0.5	6:43	4:38	
17	Thu	4:00	4.8	4:16	4.4	10:19	0.7	10:35	0.4	6:45	4:37	
18	Fri	4:48	5.0	5:04	4.5	11:04	0.5	11:15	0.3	6:46	4:36	
19	Sat	5:31	5.2	5:48	4.5	11:47	0.3	11:55	0.3	6:47	4:35	
20	Sun	6:10	5.4	6:28	4.6			12:30	0.2	6:48	4:35	
21	Mon	6:47	5.4	7:06	4.6	12:35	0.3	1:13	0.1	6:49	4:34	
22	Tue	7:22	5.4	7:43	4.5	1:15	0.3	1:55	0.0	6:50	4:33	
23	Wed	7:56	5.4	8:20	4.4	1:54	0.3	2:35	0.0	6:51	4:33	
24	Thu	8:31	5.3	8:59	4.3	2:33	0.4	3:14	0.0	6:53	4:32	
25	Fri	9:09	5.2	9:42	4.3	3:10	0.4	3:53	0.1	6:54	4:32	
26	Sat	9:53	5.1	10:33	4.3	3:48	0.5	4:33	0.2	6:55	4:31	
27	Sun	10:46	5.0	11:29	4.3	4:31	0.6	5:19	0.2	6:56	4:31	
28	Mon	11:45	4.9			5:25	0.7	6:15	0.3	6:57	4:31	
29	Tue	12:27	4.5	12:44	4.8	6:36	0.8	7:18	0.2	6:58	4:30	
30	Wed	1:24	4.7	1:44	4.8	7:53	0.6	8:21	0.0	6:59	4:30	