

































Atlantic Highlands, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:09	5.3	4:39	4.5	10:48	-0.4	10:52	-0.7	7:19	4:40	
2	Mon	5:08	5.5	5:37	4.7	11:42	-0.6	11:45	-0.7	7:19	4:41	
3	Tue	6:02	5.6	6:30	4.8			12:35	-0.8	7:19	4:42	
4	Wed	6:51	5.7	7:20	4.9	12:38	-0.8	1:26	-0.9	7:19	4:43	
5	Thu	7:38	5.6	8:09	4.8	1:29	-0.7	2:14	-1.0	7:19	4:44	
6	Fri	8:24	5.5	8:57	4.7	2:17	-0.6	2:59	-0.9	7:19	4:44	
7	Sat	9:10	5.2	9:45	4.6	3:03	-0.5	3:41	-0.7	7:19	4:45	
8	Sun	9:56	4.9	10:34	4.4	3:46	-0.2	4:21	-0.5	7:18	4:46	
9	Mon	10:43	4.5	11:23	4.3	4:28	0.1	5:02	-0.2	7:18	4:47	
10	Tue	11:31	4.2			5:13	0.4	5:45	0.1	7:18	4:48	
11	Wed	12:11	4.2	12:18	4.0	6:04	0.6	6:33	0.3	7:18	4:49	
12	Thu	12:57	4.1	1:04	3.8	7:04	0.8	7:26	0.5	7:18	4:51	
13	Fri	1:44	4.1	1:53	3.6	8:06	0.8	8:21	0.5	7:17	4:52	
14	Sat	2:33	4.1	2:47	3.5	9:05	0.7	9:14	0.4	7:17	4:53	
15	Sun	3:26	4.2	3:46	3.5	9:59	0.5	10:04	0.3	7:16	4:54	
16	Mon	4:20	4.4	4:43	3.7	10:48	0.2	10:51	0.1	7:16	4:55	
17	Tue	5:09	4.6	5:32	3.9	11:35	-0.1	11:37	0.0	7:16	4:56	
18	Wed	5:53	4.9	6:16	4.1			12:21	-0.3	7:15	4:57	
19	Thu	6:34	5.1	6:58	4.3	12:23	-0.2	1:06	-0.6	7:14	4:58	
20	Fri	7:15	5.3	7:39	4.5	1:09	-0.4	1:50	-0.8	7:14	5:00	
21	Sat	7:56	5.4	8:22	4.6	1:55	-0.5	2:33	-0.9	7:13	5:01	
22	Sun	8:39	5.4	9:07	4.7	2:40	-0.6	3:14	-1.0	7:13	5:02	
23	Mon	9:26	5.2	9:57	4.7	3:25	-0.6	3:56	-0.9	7:12	5:03	
24	Tue	10:18	5.0	10:51	4.8	4:12	-0.5	4:40	-0.8	7:11	5:04	
25	Wed	11:13	4.8	11:48	4.8	5:04	-0.3	5:29	-0.7	7:11	5:05	
26	Thu			12:12	4.6	6:06	-0.1	6:26	-0.5	7:10	5:07	
27	Fri	12:45	4.8	1:10	4.3	7:17	0.0	7:31	-0.3	7:09	5:08	
28	Sat	1:44	4.8	2:12	4.2	8:28	0.0	8:37	-0.3	7:08	5:09	
29	Sun	2:46	4.8	3:17	4.1	9:34	-0.1	9:40	-0.4	7:07	5:10	
30	Mon	3:51	4.9	4:24	4.2	10:33	-0.3	10:37	-0.5	7:06	5:11	
31	Tue	4:53	5.0	5:23	4.4	11:27	-0.5	11:31	-0.6	7:05	5:13	