

































## Atlantic Highlands, NJ - Jan 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:22	4.8	9:02	3.9	2:20	0.2	3:09	-0.1	7:19	4:40	
2	Mon	8:56	4.7	9:43	3.8	2:58	0.3	3:44	0.0	7:19	4:40	
3	Tue	9:32	4.6	10:25	3.8	3:34	0.3	4:19	0.0	7:19	4:41	
4	Wed	10:13	4.4	11:10	3.8	4:11	0.4	4:54	0.1	7:19	4:42	
5	Thu	11:00	4.3	11:57	4.0	4:52	0.5	5:33	0.2	7:19	4:43	
6	Fri	11:53	4.2			5:46	0.6	6:22	0.2	7:19	4:44	
7	Sat	12:46	4.2	12:49	4.1	6:56	0.7	7:22	0.2	7:19	4:45	
8	Sun	1:38	4.4	1:48	4.0	8:12	0.5	8:25	0.1	7:19	4:46	
9	Mon	2:36	4.7	2:54	3.9	9:21	0.2	9:27	-0.1	7:18	4:47	
10	Tue	3:39	5.0	4:05	4.0	10:23	-0.1	10:25	-0.4	7:18	4:48	
11	Wed	4:43	5.4	5:10	4.2	11:20	-0.5	11:22	-0.6	7:18	4:49	
12	Thu	5:41	5.7	6:09	4.5			12:17	-0.8	7:18	4:50	
13	Fri	6:35	5.9	7:03	4.7	12:19	-0.8	1:12	-1.0	7:17	4:51	
14	Sat	7:27	6.0	7:57	4.8	1:16	-0.9	2:04	-1.2	7:17	4:52	
15	Sun	8:19	5.9	8:51	4.8	2:11	-0.9	2:54	-1.2	7:17	4:53	
16	Mon	9:12	5.7	9:45	4.8	3:03	-0.8	3:41	-1.2	7:16	4:54	
17	Tue	10:05	5.4	10:40	4.7	3:53	-0.6	4:27	-1.0	7:16	4:56	
18	Wed	10:58	5.0	11:34	4.6	4:43	-0.3	5:14	-0.7	7:15	4:57	
19	Thu	11:50	4.6			5:37	0.0	6:04	-0.3	7:15	4:58	
20	Fri	12:26	4.4	12:41	4.2	6:37	0.3	6:56	0.0	7:14	4:59	
21	Sat	1:15	4.3	1:31	3.9	7:41	0.5	7:50	0.2	7:14	5:00	
22	Sun	2:04	4.3	2:24	3.7	8:43	0.6	8:43	0.3	7:13	5:01	
23	Mon	2:55	4.2	3:21	3.5	9:40	0.5	9:34	0.4	7:12	5:02	
24	Tue	3:50	4.2	4:19	3.5	10:31	0.4	10:21	0.3	7:12	5:04	
25	Wed	4:44	4.4	5:13	3.6	11:18	0.2	11:07	0.2	7:11	5:05	
26	Thu	5:31	4.5	6:00	3.8			12:03	0.0	7:10	5:06	
27	Fri	6:13	4.7	6:43	3.9			12:46	-0.1	7:09	5:07	
28	Sat	6:52	4.8	7:22	4.0	12:37	0.0	1:28	-0.2	7:08	5:08	
29	Sun	7:28	4.8	8:00	4.0	1:20	0.0	2:08	-0.3	7:08	5:10	
30	Mon	8:03	4.8	8:37	4.1	2:02	-0.1	2:45	-0.4	7:07	5:11	
31	Tue	8:37	4.7	9:14	4.1	2:41	-0.1	3:19	-0.4	7:06	5:12	