






























## Atlantic Highlands, NJ - Jul 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:47	5.2	2:26	5.2	8:10	0.1	8:50	0.8	5:30	8:30	
2	Mon	2:40	4.9	3:17	5.2	9:06	0.3	9:52	0.9	5:30	8:30	
3	Tue	3:33	4.6	4:10	5.2	9:57	0.4	10:49	0.8	5:31	8:29	
4	Wed	4:30	4.4	5:03	5.2	10:46	0.5	11:39	0.7	5:31	8:29	
5	Thu	5:27	4.3	5:52	5.3	11:31	0.6			5:32	8:29	
6	Fri	6:19	4.3	6:38	5.4	12:26	0.6	12:15	0.7	5:33	8:29	
7	Sat	7:06	4.4	7:19	5.4	1:12	0.5	12:58	0.7	5:33	8:28	
8	Sun	7:50	4.4	7:58	5.4	1:56	0.4	1:42	0.7	5:34	8:28	
9	Mon	8:32	4.5	8:36	5.4	2:39	0.4	2:26	0.7	5:35	8:28	
10	Tue	9:13	4.5	9:13	5.3	3:20	0.3	3:09	0.8	5:35	8:27	
11	Wed	9:55	4.4	9:49	5.2	3:58	0.3	3:49	0.8	5:36	8:27	
12	Thu	10:36	4.4	10:25	5.0	4:34	0.4	4:26	0.9	5:37	8:26	
13	Fri	11:18	4.4	11:03	4.9	5:08	0.5	5:03	1.0	5:37	8:26	
14	Sat			12:00	4.4	5:41	0.5	5:42	1.1	5:38	8:25	
15	Sun			12:43	4.5	6:15	0.6	6:29	1.2	5:39	8:25	
16	Mon	12:32	4.6	1:26	4.7	6:56	0.7	7:28	1.2	5:40	8:24	
17	Tue	1:22	4.5	2:12	4.9	7:46	0.7	8:39	1.2	5:41	8:23	
18	Wed	2:16	4.4	3:03	5.2	8:45	0.7	9:48	1.0	5:41	8:23	
19	Thu	3:16	4.4	4:02	5.4	9:48	0.6	10:52	0.7	5:42	8:22	
20	Fri	4:25	4.4	5:06	5.7	10:49	0.4	11:50	0.3	5:43	8:21	
21	Sat	5:35	4.5	6:07	6.1	11:48	0.2			5:44	8:20	
22	Sun	6:38	4.8	7:04	6.3	12:47	0.0	12:46	0.0	5:45	8:20	
23	Mon	7:35	5.1	7:58	6.5	1:43	-0.3	1:45	-0.1	5:46	8:19	
24	Tue	8:30	5.3	8:51	6.5	2:37	-0.5	2:43	-0.2	5:47	8:18	
25	Wed	9:24	5.4	9:44	6.4	3:29	-0.7	3:38	-0.3	5:47	8:17	
26	Thu	10:20	5.5	10:38	6.1	4:18	-0.7	4:30	-0.1	5:48	8:16	
27	Fri	11:15	5.5	11:33	5.8	5:04	-0.6	5:22	0.1	5:49	8:15	
28	Sat			12:11	5.4	5:51	-0.3	6:16	0.4	5:50	8:14	
29	Sun	12:27	5.4	1:04	5.3	6:40	0.0	7:15	0.7	5:51	8:13	
30	Mon	1:20	5.0	1:54	5.2	7:31	0.3	8:18	0.9	5:52	8:12	
31	Tue	2:11	4.7	2:43	5.1	8:25	0.6	9:22	1.0	5:53	8:11	