

































## Atlantic Highlands, NJ - Jan 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:58	5.6	6:26	4.3			12:37	-0.6	7:19	4:40	
2	Wed	6:48	5.9	7:17	4.5	12:34	-0.5	1:30	-0.9	7:19	4:41	
3	Thu	7:39	6.0	8:09	4.6	1:29	-0.7	2:21	-1.0	7:19	4:42	
4	Fri	8:31	5.9	9:04	4.7	2:23	-0.8	3:10	-1.1	7:19	4:43	
5	Sat	9:25	5.7	10:01	4.7	3:15	-0.7	3:58	-1.1	7:19	4:44	
6	Sun	10:21	5.5	11:00	4.7	4:07	-0.6	4:47	-0.9	7:19	4:45	
7	Mon	11:18	5.1	11:57	4.7	5:03	-0.3	5:38	-0.7	7:19	4:46	
8	Tue			12:14	4.8	6:04	0.0	6:34	-0.5	7:18	4:47	
9	Wed	12:52	4.7	1:09	4.4	7:11	0.2	7:31	-0.2	7:18	4:48	
10	Thu	1:45	4.6	2:03	4.1	8:19	0.3	8:28	-0.1	7:18	4:49	
11	Fri	2:40	4.6	3:01	3.9	9:22	0.3	9:23	0.0	7:18	4:50	
12	Sat	3:37	4.6	4:02	3.8	10:18	0.2	10:13	0.1	7:17	4:51	
13	Sun	4:33	4.6	5:00	3.8	11:08	0.1	11:00	0.1	7:17	4:52	
14	Mon	5:23	4.7	5:50	3.8	11:56	0.0	11:46	0.1	7:17	4:53	
15	Tue	6:07	4.8	6:35	3.9			12:41	-0.1	7:16	4:54	
16	Wed	6:48	4.8	7:17	4.0	12:30	0.1	1:24	-0.2	7:16	4:55	
17	Thu	7:27	4.8	7:57	4.0	1:14	0.0	2:05	-0.2	7:15	4:56	
18	Fri	8:04	4.8	8:37	4.0	1:56	0.0	2:43	-0.3	7:15	4:58	
19	Sat	8:40	4.6	9:17	3.9	2:36	0.1	3:18	-0.2	7:14	4:59	
20	Sun	9:15	4.5	9:56	3.9	3:13	0.1	3:50	-0.1	7:14	5:00	
21	Mon	9:49	4.3	10:36	3.9	3:49	0.3	4:21	0.0	7:13	5:01	
22	Tue	10:26	4.1	11:16	3.9	4:25	0.4	4:52	0.1	7:12	5:02	
23	Wed	11:08	3.9	11:58	4.0	5:04	0.5	5:26	0.2	7:12	5:03	
24	Thu	11:56	3.8			5:55	0.7	6:08	0.3	7:11	5:05	
25	Fri	12:43	4.1	12:48	3.6	7:03	0.7	7:06	0.4	7:10	5:06	
26	Sat	1:32	4.3	1:46	3.5	8:17	0.6	8:15	0.3	7:10	5:07	
27	Sun	2:30	4.5	2:55	3.5	9:26	0.4	9:22	0.2	7:09	5:08	
28	Mon	3:36	4.7	4:08	3.7	10:27	0.0	10:24	-0.1	7:08	5:09	
29	Tue	4:42	5.1	5:14	4.0	11:23	-0.4	11:23	-0.4	7:07	5:11	
30	Wed	5:41	5.5	6:10	4.3			12:18	-0.7	7:06	5:12	
31	Thu	6:35	5.8	7:03	4.7	12:20	-0.7	1:11	-1.0	7:05	5:13	