

































Atlantic Highlands, NJ - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:55	4.2	7:10	5.6	1:02	0.5	12:51	0.7	5:29	8:30	
2	Wed	7:39	4.3	7:52	5.7	1:49	0.3	1:39	0.6	5:30	8:30	
3	Thu	8:23	4.4	8:34	5.8	2:36	0.1	2:27	0.5	5:30	8:30	
4	Fri	9:07	4.5	9:18	5.9	3:22	0.0	3:15	0.5	5:31	8:29	
5	Sat	9:55	4.6	10:06	5.8	4:05	-0.1	4:02	0.4	5:32	8:29	
6	Sun	10:45	4.8	10:58	5.7	4:48	-0.2	4:50	0.4	5:32	8:29	
7	Mon	11:40	4.9	11:53	5.5	5:31	-0.2	5:41	0.5	5:33	8:29	
8	Tue			12:35	5.1	6:17	-0.1	6:39	0.6	5:34	8:28	
9	Wed	12:49	5.3	1:29	5.3	7:08	0.0	7:46	0.8	5:34	8:28	
10	Thu	1:44	5.0	2:23	5.4	8:05	0.1	8:57	0.8	5:35	8:27	
11	Fri	2:40	4.8	3:18	5.5	9:04	0.2	10:04	0.7	5:36	8:27	
12	Sat	3:41	4.6	4:17	5.6	10:03	0.2	11:05	0.5	5:36	8:26	
13	Sun	4:46	4.5	5:19	5.7	11:00	0.3			5:37	8:26	
14	Mon	5:50	4.5	6:16	5.8	12:02	0.3	11:54 AM	0.3	5:38	8:25	
15	Tue	6:48	4.6	7:08	5.8	12:55	0.2	12:48	0.3	5:39	8:25	
16	Wed	7:40	4.7	7:56	5.8	1:47	0.1	1:40	0.3	5:39	8:24	
17	Thu	8:29	4.8	8:41	5.7	2:37	0.0	2:30	0.4	5:40	8:24	
18	Fri	9:16	4.8	9:25	5.6	3:23	0.0	3:18	0.5	5:41	8:23	
19	Sat	10:02	4.8	10:08	5.3	4:04	0.1	4:02	0.6	5:42	8:22	
20	Sun	10:49	4.7	10:52	5.1	4:42	0.2	4:43	0.7	5:43	8:22	
21	Mon	11:35	4.7	11:36	4.8	5:18	0.3	5:23	0.9	5:44	8:21	
22	Tue			12:20	4.7	5:54	0.5	6:06	1.1	5:44	8:20	
23	Wed	12:20	4.5	1:04	4.7	6:30	0.8	6:55	1.3	5:45	8:19	
24	Thu	1:04	4.3	1:46	4.7	7:11	0.9	7:53	1.5	5:46	8:18	
25	Fri	1:48	4.1	2:28	4.7	7:58	1.1	8:56	1.5	5:47	8:17	
26	Sat	2:34	3.9	3:13	4.8	8:52	1.2	9:57	1.3	5:48	8:17	
27	Sun	3:27	3.8	4:04	4.9	9:48	1.2	10:53	1.1	5:49	8:16	
28	Mon	4:29	3.8	5:01	5.0	10:43	1.1	11:44	0.9	5:50	8:15	
29	Tue	5:32	4.0	5:55	5.3	11:35	0.9			5:51	8:14	
30	Wed	6:27	4.2	6:45	5.6	12:34	0.6	12:25	0.7	5:52	8:13	
31	Thu	7:15	4.5	7:31	5.9	1:23	0.3	1:16	0.5	5:53	8:12	