

































Atlantic Highlands, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:42	4.6	1:33	3.8	7:24	0.9	7:12	1.4	5:54	7:51	
2	Sat	1:40	4.6	2:27	4.0	8:30	0.9	8:38	1.3	5:53	7:52	
3	Sun	2:39	4.6	3:23	4.3	9:31	0.7	9:52	1.0	5:52	7:53	
4	Mon	3:41	4.7	4:23	4.7	10:26	0.4	10:55	0.6	5:51	7:54	
5	Tue	4:46	4.9	5:22	5.2	11:16	0.1	11:51	0.2	5:50	7:55	
6	Wed	5:47	5.0	6:15	5.7			12:04	-0.2	5:48	7:56	
7	Thu	6:42	5.2	7:05	6.2	12:46	-0.2	12:53	-0.4	5:47	7:57	
8	Fri	7:33	5.3	7:54	6.4	1:40	-0.5	1:43	-0.5	5:46	7:58	
9	Sat	8:25	5.3	8:43	6.5	2:34	-0.6	2:35	-0.5	5:45	7:59	
10	Sun	9:18	5.2	9:34	6.3	3:27	-0.7	3:26	-0.4	5:44	8:00	
11	Mon	10:14	5.0	10:29	6.0	4:19	-0.6	4:17	-0.2	5:43	8:01	
12	Tue	11:13	4.8	11:28	5.7	5:10	-0.4	5:09	0.2	5:42	8:02	
13	Wed			12:15	4.7	6:04	-0.1	6:04	0.5	5:41	8:03	
14	Thu	12:29	5.3	1:16	4.6	7:03	0.2	7:07	0.9	5:40	8:04	
15	Fri	1:28	5.0	2:12	4.6	8:06	0.4	8:17	1.1	5:39	8:05	
16	Sat	2:23	4.8	3:07	4.6	9:06	0.5	9:24	1.1	5:38	8:06	
17	Sun	3:18	4.6	4:00	4.7	10:00	0.5	10:23	1.0	5:37	8:07	
18	Mon	4:13	4.4	4:53	4.9	10:46	0.5	11:14	0.8	5:36	8:08	
19	Tue	5:08	4.4	5:41	5.1	11:28	0.5			5:36	8:09	
20	Wed	5:58	4.4	6:24	5.3	12:00	0.7	12:07	0.5	5:35	8:10	
21	Thu	6:42	4.4	7:03	5.4	12:43	0.5	12:45	0.5	5:34	8:11	
22	Fri	7:24	4.4	7:40	5.5	1:26	0.4	1:24	0.6	5:33	8:11	
23	Sat	8:03	4.4	8:15	5.5	2:09	0.3	2:03	0.6	5:33	8:12	
24	Sun	8:41	4.3	8:50	5.4	2:51	0.3	2:43	0.7	5:32	8:13	
25	Mon	9:20	4.2	9:24	5.3	3:31	0.3	3:21	0.8	5:31	8:14	
26	Tue	9:59	4.1	9:59	5.2	4:10	0.3	3:57	0.9	5:31	8:15	
27	Wed	10:41	4.0	10:39	5.1	4:47	0.4	4:33	1.0	5:30	8:16	
28	Thu	11:27	4.0	11:25	5.0	5:25	0.5	5:10	1.1	5:29	8:17	
29	Fri			12:18	4.1	6:06	0.6	5:55	1.2	5:29	8:17	
30	Sat	12:19	4.9	1:09	4.2	6:54	0.7	6:54	1.3	5:28	8:18	
31	Sun	1:14	4.8	2:00	4.5	7:50	0.6	8:11	1.2	5:28	8:19	