
































Atlantic Highlands, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:10	4.8	2:53	4.8	8:48	0.5	9:25	1.0	5:27	8:20	
2	Tue	3:08	4.8	3:49	5.2	9:45	0.3	10:31	0.7	5:27	8:20	
3	Wed	4:11	4.8	4:49	5.6	10:39	0.1	11:30	0.3	5:27	8:21	
4	Thu	5:17	4.8	5:48	6.0	11:32	-0.1			5:26	8:22	
5	Fri	6:18	4.9	6:43	6.3	12:27	0.0	12:25	-0.2	5:26	8:22	
6	Sat	7:14	5.0	7:35	6.4	1:23	-0.3	1:19	-0.3	5:26	8:23	
7	Sun	8:09	5.1	8:27	6.4	2:19	-0.4	2:14	-0.2	5:26	8:24	
8	Mon	9:04	5.1	9:19	6.3	3:13	-0.5	3:10	-0.1	5:25	8:24	
9	Tue	10:00	5.0	10:14	6.0	4:05	-0.5	4:03	0.0	5:25	8:25	
10	Wed	10:58	4.9	11:10	5.7	4:54	-0.3	4:54	0.3	5:25	8:25	
11	Thu	11:57	4.8			5:44	-0.1	5:46	0.6	5:25	8:26	
12	Fri	12:07	5.3	12:53	4.8	6:35	0.1	6:43	0.9	5:25	8:26	
13	Sat	1:01	5.0	1:45	4.8	7:29	0.4	7:45	1.1	5:25	8:27	
14	Sun	1:52	4.7	2:34	4.8	8:22	0.6	8:48	1.2	5:25	8:27	
15	Mon	2:40	4.5	3:22	4.9	9:13	0.7	9:47	1.2	5:25	8:28	
16	Tue	3:30	4.3	4:10	4.9	10:00	0.8	10:40	1.1	5:25	8:28	
17	Wed	4:23	4.1	5:00	5.0	10:44	0.8	11:28	0.9	5:25	8:28	
18	Thu	5:18	4.1	5:47	5.2	11:26	0.8			5:25	8:29	
19	Fri	6:09	4.1	6:31	5.3	12:14	0.7	12:08	0.8	5:25	8:29	
20	Sat	6:55	4.2	7:11	5.4	12:58	0.6	12:50	0.8	5:25	8:29	
21	Sun	7:38	4.2	7:50	5.5	1:43	0.5	1:33	0.8	5:26	8:29	
22	Mon	8:19	4.3	8:27	5.5	2:27	0.4	2:17	0.8	5:26	8:30	
23	Tue	8:59	4.3	9:04	5.4	3:10	0.3	3:00	0.8	5:26	8:30	
24	Wed	9:39	4.3	9:41	5.4	3:50	0.3	3:41	0.8	5:26	8:30	
25	Thu	10:20	4.3	10:22	5.3	4:28	0.2	4:20	0.9	5:27	8:30	
26	Fri	11:05	4.3	11:07	5.2	5:05	0.3	5:00	0.9	5:27	8:30	
27	Sat	11:53	4.5	11:58	5.1	5:44	0.3	5:45	1.0	5:28	8:30	
28	Sun			12:43	4.7	6:25	0.3	6:40	1.0	5:28	8:30	
29	Mon	12:51	5.0	1:34	5.0	7:14	0.4	7:49	1.0	5:28	8:30	
30	Tue	1:46	4.8	2:26	5.2	8:09	0.4	9:02	0.9	5:29	8:30	