



Atlantic Highlands, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:53	4.9	8:20	3.9	1:46	0.2	2:32	-0.2	7:19	4:40	☀
2	Sat	8:28	4.9	8:58	3.9	2:25	0.2	3:08	-0.2	7:19	4:40	☀
3	Sun	9:03	4.8	9:36	3.9	3:03	0.3	3:43	-0.2	7:19	4:41	☀
4	Mon	9:42	4.6	10:18	3.9	3:39	0.3	4:17	-0.1	7:19	4:42	☀
5	Tue	10:25	4.5	11:05	4.1	4:18	0.4	4:53	-0.1	7:19	4:43	☀
6	Wed	11:15	4.3	11:55	4.2	5:03	0.5	5:34	0.0	7:19	4:44	☀
7	Thu			12:10	4.1	6:03	0.6	6:25	0.0	7:19	4:45	☀
8	Fri	12:47	4.5	1:07	4.0	7:19	0.6	7:27	0.0	7:18	4:46	☀
9	Sat	1:43	4.7	2:09	3.9	8:35	0.4	8:33	0.0	7:18	4:47	☀
10	Sun	2:45	4.9	3:19	3.9	9:43	0.2	9:37	-0.2	7:18	4:48	☀
11	Mon	3:53	5.1	4:30	4.0	10:44	-0.2	10:38	-0.4	7:18	4:49	☀
12	Tue	4:58	5.4	5:33	4.2	11:42	-0.5	11:37	-0.6	7:18	4:50	☀
13	Wed	5:57	5.6	6:30	4.5			12:37	-0.8	7:17	4:51	☀
14	Thu	6:50	5.8	7:23	4.7	12:34	-0.7	1:31	-1.0	7:17	4:52	☀
15	Fri	7:41	5.8	8:15	4.8	1:30	-0.8	2:21	-1.1	7:17	4:53	☀
16	Sat	8:31	5.6	9:07	4.8	2:23	-0.8	3:08	-1.1	7:16	4:54	☀
17	Sun	9:21	5.4	9:58	4.8	3:13	-0.7	3:52	-1.0	7:16	4:56	☀
18	Mon	10:11	5.0	10:50	4.6	4:00	-0.5	4:34	-0.7	7:15	4:57	☀
19	Tue	11:01	4.6	11:40	4.5	4:47	-0.1	5:17	-0.4	7:15	4:58	☀
20	Wed	11:50	4.2			5:38	0.2	6:03	-0.1	7:14	4:59	☀
21	Thu	12:28	4.4	12:38	3.9	6:35	0.5	6:52	0.3	7:14	5:00	☀
22	Fri	1:14	4.3	1:27	3.6	7:37	0.7	7:46	0.5	7:13	5:01	☀
23	Sat	2:02	4.2	2:19	3.4	8:39	0.7	8:41	0.6	7:12	5:03	☀
24	Sun	2:54	4.1	3:18	3.2	9:36	0.6	9:34	0.6	7:12	5:04	☀
25	Mon	3:51	4.2	4:20	3.3	10:28	0.5	10:25	0.5	7:11	5:05	☀
26	Tue	4:46	4.3	5:15	3.4	11:16	0.3	11:12	0.4	7:10	5:06	☀
27	Wed	5:35	4.5	6:01	3.6			12:01	0.1	7:09	5:07	☀
28	Thu	6:17	4.7	6:43	3.8			12:45	-0.1	7:08	5:09	☀
29	Fri	6:56	4.8	7:21	4.0	12:43	0.1	1:27	-0.3	7:08	5:10	☀
30	Sat	7:33	4.9	7:57	4.1	1:26	0.0	2:06	-0.4	7:07	5:11	☀
31	Sun	8:08	4.9	8:33	4.2	2:08	-0.1	2:42	-0.5	7:06	5:12	☀