

































Atlantic Highlands, NJ - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:01	5.2	1:44	5.2	7:24	0.1	7:53	0.9	5:30	8:30	
2	Sat	1:53	4.8	2:33	5.2	8:18	0.4	8:56	1.0	5:30	8:30	
3	Sun	2:43	4.5	3:22	5.2	9:11	0.6	9:56	1.0	5:31	8:29	
4	Mon	3:35	4.2	4:13	5.1	10:01	0.7	10:50	0.9	5:31	8:29	
5	Tue	4:32	4.1	5:06	5.2	10:49	0.8	11:40	0.8	5:32	8:29	
6	Wed	5:30	4.0	5:56	5.2	11:34	0.9			5:33	8:29	
7	Thu	6:22	4.1	6:42	5.3	12:26	0.7	12:19	0.9	5:33	8:28	
8	Fri	7:09	4.2	7:24	5.4	1:11	0.6	1:03	0.9	5:34	8:28	
9	Sat	7:52	4.3	8:03	5.4	1:56	0.5	1:48	0.8	5:35	8:28	
10	Sun	8:33	4.4	8:41	5.4	2:39	0.4	2:33	0.8	5:35	8:27	
11	Mon	9:12	4.4	9:18	5.3	3:19	0.3	3:15	0.8	5:36	8:27	
12	Tue	9:51	4.4	9:53	5.2	3:56	0.3	3:53	0.9	5:37	8:26	
13	Wed	10:29	4.4	10:29	5.1	4:31	0.3	4:30	0.9	5:37	8:26	
14	Thu	11:08	4.5	11:08	4.9	5:03	0.3	5:07	1.0	5:38	8:25	
15	Fri	11:49	4.6	11:53	4.8	5:36	0.4	5:47	1.1	5:39	8:25	
16	Sat			12:33	4.8	6:11	0.5	6:37	1.1	5:40	8:24	
17	Sun	12:42	4.6	1:20	5.0	6:52	0.5	7:43	1.2	5:41	8:23	
18	Mon	1:36	4.5	2:11	5.2	7:46	0.6	8:58	1.1	5:41	8:23	
19	Tue	2:33	4.3	3:07	5.4	8:50	0.6	10:08	0.9	5:42	8:22	
20	Wed	3:38	4.3	4:11	5.6	9:57	0.5	11:12	0.6	5:43	8:21	
21	Thu	4:50	4.3	5:20	5.8	11:01	0.3			5:44	8:20	
22	Fri	5:59	4.6	6:23	6.1	12:11	0.3	12:02	0.1	5:45	8:20	
23	Sat	7:00	4.9	7:20	6.3	1:07	-0.1	1:02	0.0	5:46	8:19	
24	Sun	7:55	5.2	8:13	6.4	2:02	-0.3	2:01	-0.2	5:47	8:18	
25	Mon	8:49	5.4	9:05	6.3	2:55	-0.5	2:57	-0.2	5:48	8:17	
26	Tue	9:42	5.5	9:56	6.1	3:44	-0.6	3:50	-0.2	5:48	8:16	
27	Wed	10:35	5.5	10:47	5.8	4:29	-0.6	4:40	0.0	5:49	8:15	
28	Thu	11:28	5.5	11:39	5.4	5:13	-0.4	5:30	0.3	5:50	8:14	
29	Fri			12:20	5.4	5:57	-0.1	6:21	0.6	5:51	8:13	
30	Sat	12:31	5.0	1:10	5.3	6:43	0.3	7:17	0.9	5:52	8:12	
31	Sun	1:21	4.6	1:57	5.2	7:32	0.6	8:19	1.1	5:53	8:11	