

































## Atlantic Highlands, NJ - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:13	5.4	5:49	4.3	11:58	-0.4	11:51	-0.5	7:19	4:40	
2	Mon	6:08	5.8	6:42	4.5			12:53	-0.7	7:19	4:41	
3	Tue	7:01	5.9	7:35	4.7	12:47	-0.7	1:46	-1.0	7:19	4:42	
4	Wed	7:52	6.0	8:28	4.9	1:43	-0.9	2:36	-1.2	7:19	4:43	
5	Thu	8:45	5.8	9:23	4.9	2:37	-0.9	3:24	-1.2	7:19	4:44	
6	Fri	9:38	5.6	10:19	4.9	3:29	-0.8	4:11	-1.1	7:19	4:45	
7	Sat	10:33	5.2	11:15	4.9	4:21	-0.6	4:58	-0.9	7:19	4:46	
8	Sun	11:28	4.8			5:15	-0.2	5:49	-0.6	7:18	4:47	
9	Mon	12:10	4.8	12:22	4.5	6:15	0.1	6:43	-0.3	7:18	4:48	
10	Tue	1:02	4.7	1:15	4.1	7:21	0.3	7:40	0.0	7:18	4:49	
11	Wed	1:54	4.6	2:09	3.8	8:27	0.4	8:37	0.2	7:18	4:50	
12	Thu	2:47	4.5	3:08	3.6	9:27	0.4	9:31	0.3	7:17	4:51	
13	Fri	3:44	4.5	4:09	3.5	10:21	0.3	10:21	0.3	7:17	4:52	
14	Sat	4:40	4.5	5:06	3.6	11:10	0.2	11:08	0.3	7:17	4:53	
15	Sun	5:29	4.6	5:55	3.7	11:56	0.1	11:53	0.2	7:16	4:54	
16	Mon	6:13	4.7	6:38	3.8			12:40	-0.1	7:16	4:55	
17	Tue	6:54	4.8	7:18	3.9	12:38	0.1	1:22	-0.2	7:15	4:56	
18	Wed	7:32	4.8	7:57	4.0	1:21	0.1	2:02	-0.3	7:15	4:58	
19	Thu	8:08	4.8	8:34	4.0	2:03	0.1	2:39	-0.3	7:14	4:59	
20	Fri	8:42	4.6	9:10	4.0	2:41	0.1	3:12	-0.3	7:14	5:00	
21	Sat	9:16	4.5	9:44	4.0	3:17	0.2	3:44	-0.2	7:13	5:01	
22	Sun	9:51	4.3	10:20	4.0	3:51	0.3	4:13	-0.2	7:12	5:02	
23	Mon	10:29	4.1	11:00	4.1	4:26	0.4	4:44	0.0	7:12	5:03	
24	Tue	11:14	3.9	11:45	4.2	5:07	0.5	5:19	0.1	7:11	5:05	
25	Wed			12:05	3.7	6:02	0.6	6:05	0.2	7:10	5:06	
26	Thu	12:35	4.3	1:02	3.6	7:17	0.7	7:09	0.3	7:09	5:07	
27	Fri	1:31	4.5	2:05	3.5	8:35	0.5	8:24	0.2	7:09	5:08	
28	Sat	2:36	4.6	3:18	3.6	9:44	0.2	9:34	0.0	7:08	5:09	
29	Sun	3:48	4.9	4:31	3.8	10:44	-0.1	10:38	-0.3	7:07	5:11	
30	Mon	4:56	5.2	5:33	4.2	11:40	-0.5	11:37	-0.6	7:06	5:12	
31	Tue	5:55	5.5	6:28	4.6			12:34	-0.9	7:05	5:13	