



## Atlantic Highlands, NJ - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:50	4.4	9:57	5.2	3:53	0.3	3:51	0.8	5:30	8:30	☉
2	Sun	10:33	4.4	10:37	5.0	4:29	0.3	4:30	1.0	5:30	8:30	☉
3	Mon	11:16	4.4	11:17	4.8	5:04	0.4	5:07	1.1	5:31	8:30	☾
4	Tue	11:59	4.4	11:58	4.6	5:37	0.5	5:46	1.2	5:31	8:29	☾
5	Wed			12:41	4.4	6:12	0.6	6:30	1.4	5:32	8:29	☾
6	Thu	12:41	4.4	1:21	4.6	6:49	0.8	7:26	1.5	5:32	8:29	☾
7	Fri	1:26	4.3	2:01	4.7	7:34	0.8	8:33	1.4	5:33	8:28	☾
8	Sat	2:14	4.2	2:46	4.9	8:28	0.9	9:40	1.3	5:34	8:28	☾
9	Sun	3:08	4.1	3:39	5.1	9:27	0.8	10:42	1.0	5:34	8:28	☾
10	Mon	4:12	4.1	4:40	5.4	10:26	0.7	11:38	0.7	5:35	8:27	☾
11	Tue	5:20	4.2	5:42	5.7	11:24	0.5			5:36	8:27	☾
12	Wed	6:22	4.4	6:39	6.0	12:33	0.3	12:20	0.3	5:37	8:26	☾
13	Thu	7:17	4.8	7:33	6.3	1:27	0.0	1:18	0.1	5:37	8:26	☾
14	Fri	8:10	5.0	8:25	6.4	2:20	-0.3	2:15	-0.1	5:38	8:25	☾
15	Sat	9:03	5.3	9:17	6.3	3:11	-0.5	3:11	-0.2	5:39	8:25	☾
16	Sun	9:57	5.4	10:10	6.2	3:59	-0.7	4:05	-0.2	5:40	8:24	☾
17	Mon	10:52	5.6	11:04	5.9	4:46	-0.7	4:57	-0.1	5:40	8:23	☾
18	Tue	11:48	5.6			5:32	-0.5	5:50	0.1	5:41	8:23	☾
19	Wed	12:00	5.5	12:43	5.6	6:20	-0.3	6:48	0.4	5:42	8:22	☾
20	Thu	12:55	5.2	1:36	5.6	7:12	0.0	7:52	0.7	5:43	8:21	☾
21	Fri	1:49	4.8	2:28	5.5	8:08	0.3	8:58	0.8	5:44	8:21	☾
22	Sat	2:43	4.5	3:20	5.3	9:07	0.6	10:01	0.9	5:45	8:20	☾
23	Sun	3:40	4.2	4:16	5.2	10:03	0.8	10:59	0.8	5:46	8:19	☾
24	Mon	4:42	4.1	5:14	5.2	10:57	0.8	11:50	0.7	5:46	8:18	☾
25	Tue	5:42	4.1	6:07	5.3	11:47	0.9			5:47	8:17	☉
26	Wed	6:35	4.2	6:54	5.4	12:38	0.6	12:34	0.8	5:48	8:16	☉
27	Thu	7:21	4.4	7:36	5.4	1:23	0.5	1:20	0.8	5:49	8:15	☉
28	Fri	8:03	4.5	8:16	5.4	2:06	0.4	2:05	0.8	5:50	8:14	☉
29	Sat	8:43	4.6	8:53	5.4	2:46	0.3	2:48	0.7	5:51	8:13	☉
30	Sun	9:22	4.7	9:30	5.2	3:24	0.3	3:29	0.7	5:52	8:12	☉
31	Mon	9:59	4.7	10:05	5.1	3:59	0.3	4:06	0.8	5:53	8:11	☉