

































Atlantic Highlands, NJ - Sep 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 11:00 | 5.1 | 11:24 | 4.4 | 4:54 | 0.6 | 5:30 | 1.0 | 6:24 | 7:27 |  |
| 2 | Sat | 11:44 | 5.1 | | | 5:25 | 0.7 | 6:16 | 1.2 | 6:25 | 7:26 |  |
| 3 | Sun | 12:17 | 4.2 | 12:37 | 5.1 | 6:05 | 0.9 | 7:20 | 1.3 | 6:26 | 7:24 |  |
| 4 | Mon | 1:17 | 4.1 | 1:38 | 5.2 | 7:01 | 1.0 | 8:40 | 1.3 | 6:27 | 7:22 |  |
| 5 | Tue | 2:20 | 4.1 | 2:42 | 5.2 | 8:22 | 1.1 | 9:53 | 1.1 | 6:27 | 7:21 |  |
| 6 | Wed | 3:28 | 4.2 | 3:52 | 5.4 | 9:43 | 0.9 | 10:55 | 0.7 | 6:28 | 7:19 |  |
| 7 | Thu | 4:39 | 4.5 | 5:03 | 5.6 | 10:52 | 0.6 | 11:50 | 0.3 | 6:29 | 7:18 |  |
| 8 | Fri | 5:45 | 5.0 | 6:05 | 5.9 | 11:53 | 0.2 | | | 6:30 | 7:16 |  |
| 9 | Sat | 6:41 | 5.5 | 7:00 | 6.2 | 12:41 | -0.1 | 12:50 | -0.1 | 6:31 | 7:14 |  |
| 10 | Sun | 7:32 | 5.9 | 7:50 | 6.3 | 1:30 | -0.4 | 1:45 | -0.3 | 6:32 | 7:13 |  |
| 11 | Mon | 8:21 | 6.2 | 8:38 | 6.2 | 2:19 | -0.6 | 2:39 | -0.4 | 6:33 | 7:11 |  |
| 12 | Tue | 9:09 | 6.3 | 9:26 | 5.9 | 3:06 | -0.6 | 3:30 | -0.4 | 6:34 | 7:09 |  |
| 13 | Wed | 9:58 | 6.3 | 10:16 | 5.6 | 3:50 | -0.5 | 4:19 | -0.2 | 6:35 | 7:08 |  |
| 14 | Thu | 10:47 | 6.1 | 11:08 | 5.2 | 4:34 | -0.2 | 5:07 | 0.1 | 6:36 | 7:06 |  |
| 15 | Fri | 11:39 | 5.8 | | | 5:17 | 0.2 | 5:57 | 0.5 | 6:37 | 7:04 |  |
| 16 | Sat | 12:04 | 4.8 | 12:33 | 5.4 | 6:03 | 0.6 | 6:52 | 0.8 | 6:38 | 7:03 |  |
| 17 | Sun | 1:00 | 4.5 | 1:27 | 5.2 | 6:56 | 1.1 | 7:56 | 1.1 | 6:39 | 7:01 |  |
| 18 | Mon | 1:56 | 4.2 | 2:21 | 4.9 | 7:59 | 1.4 | 9:03 | 1.3 | 6:40 | 6:59 |  |
| 19 | Tue | 2:52 | 4.1 | 3:17 | 4.8 | 9:07 | 1.5 | 10:03 | 1.2 | 6:41 | 6:58 |  |
| 20 | Wed | 3:50 | 4.1 | 4:14 | 4.8 | 10:09 | 1.4 | 10:55 | 1.1 | 6:42 | 6:56 |  |
| 21 | Thu | 4:50 | 4.2 | 5:11 | 4.9 | 11:02 | 1.3 | 11:39 | 0.9 | 6:43 | 6:54 |  |
| 22 | Fri | 5:43 | 4.5 | 6:01 | 5.0 | 11:49 | 1.1 | | | 6:44 | 6:52 |  |
| 23 | Sat | 6:28 | 4.8 | 6:43 | 5.1 | 12:19 | 0.7 | 12:33 | 0.9 | 6:45 | 6:51 |  |
| 24 | Sun | 7:07 | 5.0 | 7:21 | 5.2 | 12:57 | 0.5 | 1:16 | 0.7 | 6:46 | 6:49 |  |
| 25 | Mon | 7:43 | 5.2 | 7:57 | 5.2 | 1:35 | 0.4 | 1:58 | 0.6 | 6:47 | 6:47 |  |
| 26 | Tue | 8:15 | 5.4 | 8:31 | 5.2 | 2:11 | 0.3 | 2:39 | 0.5 | 6:48 | 6:46 |  |
| 27 | Wed | 8:46 | 5.5 | 9:05 | 5.0 | 2:47 | 0.4 | 3:18 | 0.5 | 6:49 | 6:44 |  |
| 28 | Thu | 9:16 | 5.5 | 9:40 | 4.8 | 3:21 | 0.4 | 3:56 | 0.5 | 6:50 | 6:42 |  |
| 29 | Fri | 9:48 | 5.5 | 10:18 | 4.6 | 3:53 | 0.5 | 4:34 | 0.6 | 6:51 | 6:41 |  |
| 30 | Sat | 10:26 | 5.4 | 11:04 | 4.4 | 4:26 | 0.6 | 5:15 | 0.8 | 6:52 | 6:39 |  |