

































## Atlantic Highlands, NJ - Dec 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:49	4.7	12:59	4.9	6:55	0.6	7:39	0.1	7:00	4:30	
2	Sat	1:46	4.9	1:58	4.7	8:07	0.5	8:38	0.0	7:01	4:30	
3	Sun	2:43	5.1	2:58	4.6	9:13	0.3	9:32	-0.1	7:02	4:29	
4	Mon	3:42	5.3	4:00	4.5	10:12	0.1	10:23	-0.2	7:03	4:29	
5	Tue	4:38	5.5	4:59	4.5	11:05	-0.1	11:11	-0.2	7:04	4:29	
6	Wed	5:29	5.7	5:51	4.5	11:56	-0.2	11:59	-0.2	7:05	4:29	
7	Thu	6:16	5.7	6:39	4.5			12:46	-0.3	7:06	4:29	
8	Fri	7:00	5.7	7:25	4.5	12:46	-0.1	1:34	-0.3	7:06	4:29	
9	Sat	7:43	5.5	8:10	4.4	1:32	0.0	2:19	-0.3	7:07	4:29	
10	Sun	8:26	5.3	8:56	4.2	2:17	0.2	3:01	-0.2	7:08	4:29	
11	Mon	9:09	5.1	9:42	4.1	2:59	0.3	3:40	0.0	7:09	4:29	
12	Tue	9:53	4.8	10:31	4.0	3:39	0.5	4:19	0.2	7:10	4:29	
13	Wed	10:40	4.5	11:20	3.9	4:19	0.7	4:58	0.3	7:10	4:30	
14	Thu	11:27	4.3			5:01	0.9	5:40	0.5	7:11	4:30	
15	Fri	12:07	3.9	12:13	4.1	5:53	1.1	6:26	0.6	7:12	4:30	
16	Sat	12:52	4.0	12:59	3.9	6:56	1.2	7:18	0.6	7:13	4:30	
17	Sun	1:36	4.0	1:46	3.8	8:02	1.2	8:10	0.6	7:13	4:31	
18	Mon	2:21	4.2	2:39	3.7	9:03	1.0	9:01	0.5	7:14	4:31	
19	Tue	3:11	4.4	3:37	3.7	9:58	0.7	9:50	0.4	7:14	4:32	
20	Wed	4:04	4.6	4:36	3.8	10:48	0.4	10:38	0.2	7:15	4:32	
21	Thu	4:55	4.9	5:29	4.0	11:38	0.1	11:26	0.1	7:15	4:33	
22	Fri	5:43	5.3	6:17	4.1			12:27	-0.2	7:16	4:33	
23	Sat	6:29	5.5	7:04	4.3	12:15	-0.1	1:17	-0.4	7:16	4:34	
24	Sun	7:15	5.7	7:52	4.4	1:07	-0.3	2:06	-0.6	7:17	4:34	
25	Mon	8:03	5.7	8:42	4.5	1:58	-0.4	2:53	-0.7	7:17	4:35	
26	Tue	8:54	5.6	9:36	4.6	2:49	-0.5	3:39	-0.8	7:17	4:35	
27	Wed	9:48	5.4	10:33	4.7	3:40	-0.4	4:25	-0.7	7:18	4:36	
28	Thu	10:45	5.2	11:31	4.8	4:32	-0.3	5:14	-0.6	7:18	4:37	
29	Fri	11:42	4.9			5:30	-0.1	6:08	-0.4	7:18	4:38	
30	Sat	12:27	4.9	12:39	4.6	6:37	0.2	7:06	-0.3	7:18	4:38	
31	Sun	1:22	4.9	1:35	4.3	7:47	0.3	8:04	-0.1	7:19	4:39	