

































## Atlantic Highlands, NJ - Jan 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:37	5.4	5:05	4.3	11:15	-0.4	11:18	-0.6	7:19	4:40	
2	Sat	5:35	5.7	6:03	4.6			12:10	-0.8	7:19	4:41	
3	Sun	6:29	6.0	6:57	4.9	12:15	-0.8	1:04	-1.1	7:19	4:42	
4	Mon	7:21	6.1	7:50	5.1	1:11	-1.0	1:56	-1.3	7:19	4:43	
5	Tue	8:12	6.1	8:43	5.1	2:06	-1.0	2:46	-1.4	7:19	4:44	
6	Wed	9:04	5.8	9:37	5.1	2:58	-1.0	3:33	-1.3	7:19	4:45	
7	Thu	9:57	5.5	10:33	5.0	3:49	-0.8	4:20	-1.1	7:19	4:46	
8	Fri	10:52	5.1	11:28	4.8	4:40	-0.5	5:07	-0.8	7:18	4:47	
9	Sat	11:46	4.7			5:35	-0.1	5:58	-0.4	7:18	4:48	
10	Sun	12:21	4.7	12:39	4.3	6:36	0.2	6:52	-0.1	7:18	4:49	
11	Mon	1:12	4.6	1:31	4.0	7:41	0.4	7:49	0.1	7:18	4:50	
12	Tue	2:03	4.4	2:25	3.8	8:44	0.5	8:45	0.3	7:17	4:51	
13	Wed	2:57	4.3	3:23	3.6	9:42	0.4	9:37	0.3	7:17	4:52	
14	Thu	3:53	4.4	4:21	3.6	10:33	0.3	10:26	0.2	7:17	4:53	
15	Fri	4:47	4.5	5:14	3.8	11:19	0.1	11:12	0.2	7:16	4:54	
16	Sat	5:34	4.6	6:01	3.9			12:03	0.0	7:16	4:55	
17	Sun	6:16	4.7	6:43	4.1			12:46	-0.2	7:15	4:56	
18	Mon	6:55	4.8	7:23	4.2	12:41	0.0	1:27	-0.3	7:15	4:58	
19	Tue	7:31	4.8	8:01	4.2	1:23	-0.1	2:06	-0.4	7:14	4:59	
20	Wed	8:05	4.8	8:38	4.2	2:04	-0.1	2:42	-0.4	7:14	5:00	
21	Thu	8:37	4.7	9:13	4.2	2:43	-0.1	3:15	-0.4	7:13	5:01	
22	Fri	9:10	4.5	9:49	4.2	3:19	-0.1	3:47	-0.3	7:12	5:02	
23	Sat	9:46	4.4	10:29	4.2	3:55	0.0	4:17	-0.2	7:12	5:03	
24	Sun	10:29	4.2	11:14	4.3	4:34	0.1	4:50	-0.1	7:11	5:05	
25	Mon	11:19	4.0			5:20	0.3	5:31	0.0	7:10	5:06	
26	Tue	12:05	4.4	12:16	3.9	6:23	0.4	6:29	0.1	7:09	5:07	
27	Wed	1:00	4.5	1:18	3.8	7:39	0.4	7:43	0.1	7:09	5:08	
28	Thu	2:00	4.7	2:25	3.8	8:52	0.2	8:57	0.0	7:08	5:09	
29	Fri	3:08	4.9	3:39	3.9	9:58	-0.1	10:03	-0.3	7:07	5:11	
30	Sat	4:17	5.1	4:48	4.2	10:56	-0.5	11:04	-0.6	7:06	5:12	
31	Sun	5:19	5.5	5:48	4.6	11:51	-0.9			7:05	5:13	