

































## Atlantic Highlands, NJ - Jan 2050

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:40	4.8	2:00	4.3	8:14	0.2	8:26	-0.2	7:19	4:40	
2	Sun	2:36	4.8	3:00	4.1	9:18	0.2	9:23	-0.1	7:19	4:41	
3	Mon	3:35	4.8	4:01	4.0	10:15	0.1	10:15	-0.1	7:19	4:42	
4	Tue	4:33	4.8	4:59	4.1	11:06	-0.1	11:04	-0.1	7:19	4:43	
5	Wed	5:24	4.9	5:50	4.2	11:54	-0.2	11:50	-0.1	7:19	4:44	
6	Thu	6:09	5.0	6:35	4.3			12:40	-0.3	7:19	4:45	
7	Fri	6:50	5.0	7:17	4.3	12:35	-0.1	1:23	-0.3	7:19	4:46	
8	Sat	7:29	5.0	7:58	4.3	1:19	-0.1	2:04	-0.4	7:18	4:46	
9	Sun	8:07	4.9	8:39	4.3	2:01	-0.1	2:42	-0.4	7:18	4:47	
10	Mon	8:43	4.7	9:19	4.2	2:41	-0.1	3:17	-0.3	7:18	4:49	
11	Tue	9:20	4.5	9:59	4.1	3:18	0.0	3:50	-0.2	7:18	4:50	
12	Wed	9:56	4.3	10:41	4.0	3:54	0.2	4:22	0.0	7:17	4:51	
13	Thu	10:34	4.1	11:22	4.0	4:31	0.4	4:55	0.1	7:17	4:52	
14	Fri	11:16	3.9			5:12	0.6	5:30	0.3	7:17	4:53	
15	Sat	12:05	4.0	12:03	3.8	6:04	0.7	6:16	0.4	7:16	4:54	
16	Sun	12:49	4.1	12:54	3.7	7:10	0.7	7:17	0.4	7:16	4:55	
17	Mon	1:38	4.3	1:51	3.6	8:21	0.6	8:24	0.3	7:15	4:56	
18	Tue	2:35	4.4	2:57	3.7	9:26	0.3	9:28	0.1	7:15	4:57	
19	Wed	3:39	4.7	4:07	3.8	10:24	0.0	10:26	-0.2	7:14	4:58	
20	Thu	4:41	5.1	5:09	4.2	11:18	-0.4	11:22	-0.5	7:14	5:00	
21	Fri	5:37	5.5	6:05	4.6			12:11	-0.8	7:13	5:01	
22	Sat	6:29	5.8	6:56	4.9	12:17	-0.8	1:03	-1.1	7:13	5:02	
23	Sun	7:19	5.9	7:47	5.1	1:12	-1.1	1:53	-1.4	7:12	5:03	
24	Mon	8:10	5.9	8:39	5.3	2:06	-1.2	2:41	-1.5	7:11	5:04	
25	Tue	9:01	5.8	9:32	5.3	2:58	-1.2	3:28	-1.5	7:10	5:06	
26	Wed	9:54	5.5	10:27	5.2	3:49	-1.0	4:14	-1.3	7:10	5:07	
27	Thu	10:49	5.1	11:23	5.0	4:40	-0.7	5:02	-1.0	7:09	5:08	
28	Fri	11:45	4.7			5:37	-0.4	5:55	-0.6	7:08	5:09	
29	Sat	12:18	4.9	12:41	4.3	6:40	0.0	6:53	-0.2	7:07	5:10	
30	Sun	1:13	4.7	1:37	4.0	7:48	0.2	7:55	0.0	7:06	5:12	
31	Mon	2:08	4.5	2:35	3.8	8:53	0.2	8:56	0.1	7:05	5:13	