


































Atlantic Highlands, NJ - Jan 2051

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 10:11 | 4.6 | 10:53 | 4.2 | 4:00 | 0.1 | 4:34 | -0.1 | 7:19 | 4:40 |  |
| 2 | Mon | 10:56 | 4.3 | 11:40 | 4.1 | 4:41 | 0.4 | 5:13 | 0.1 | 7:19 | 4:41 |  |
| 3 | Tue | 11:42 | 4.0 | | | 5:26 | 0.6 | 5:55 | 0.3 | 7:19 | 4:42 |  |
| 4 | Wed | 12:26 | 4.1 | 12:28 | 3.8 | 6:19 | 0.8 | 6:45 | 0.5 | 7:19 | 4:42 |  |
| 5 | Thu | 1:11 | 4.1 | 1:15 | 3.7 | 7:22 | 0.9 | 7:40 | 0.5 | 7:19 | 4:43 |  |
| 6 | Fri | 1:57 | 4.1 | 2:05 | 3.6 | 8:25 | 0.8 | 8:36 | 0.5 | 7:19 | 4:44 |  |
| 7 | Sat | 2:47 | 4.2 | 3:02 | 3.5 | 9:23 | 0.6 | 9:29 | 0.4 | 7:19 | 4:45 |  |
| 8 | Sun | 3:41 | 4.4 | 4:02 | 3.6 | 10:16 | 0.4 | 10:19 | 0.2 | 7:18 | 4:46 |  |
| 9 | Mon | 4:35 | 4.6 | 4:58 | 3.8 | 11:06 | 0.0 | 11:07 | 0.0 | 7:18 | 4:47 |  |
| 10 | Tue | 5:23 | 5.0 | 5:48 | 4.1 | 11:54 | -0.3 | 11:55 | -0.2 | 7:18 | 4:48 |  |
| 11 | Wed | 6:09 | 5.3 | 6:33 | 4.3 | | | 12:41 | -0.6 | 7:18 | 4:49 |  |
| 12 | Thu | 6:53 | 5.5 | 7:18 | 4.6 | 12:44 | -0.5 | 1:29 | -0.8 | 7:18 | 4:50 |  |
| 13 | Fri | 7:37 | 5.6 | 8:04 | 4.7 | 1:33 | -0.6 | 2:15 | -1.0 | 7:17 | 4:51 |  |
| 14 | Sat | 8:23 | 5.6 | 8:52 | 4.9 | 2:22 | -0.8 | 2:59 | -1.1 | 7:17 | 4:53 |  |
| 15 | Sun | 9:12 | 5.5 | 9:44 | 4.9 | 3:10 | -0.8 | 3:43 | -1.1 | 7:16 | 4:54 |  |
| 16 | Mon | 10:05 | 5.3 | 10:39 | 4.9 | 3:59 | -0.7 | 4:29 | -1.0 | 7:16 | 4:55 |  |
| 17 | Tue | 11:01 | 5.0 | 11:37 | 4.9 | 4:52 | -0.5 | 5:18 | -0.8 | 7:16 | 4:56 |  |
| 18 | Wed | 11:59 | 4.7 | | | 5:51 | -0.2 | 6:14 | -0.6 | 7:15 | 4:57 |  |
| 19 | Thu | 12:34 | 4.9 | 12:57 | 4.4 | 7:00 | 0.0 | 7:16 | -0.4 | 7:15 | 4:58 |  |
| 20 | Fri | 1:31 | 4.8 | 1:56 | 4.2 | 8:10 | 0.1 | 8:20 | -0.3 | 7:14 | 4:59 |  |
| 21 | Sat | 2:30 | 4.8 | 2:59 | 4.1 | 9:16 | 0.0 | 9:22 | -0.2 | 7:13 | 5:00 |  |
| 22 | Sun | 3:33 | 4.8 | 4:04 | 4.1 | 10:16 | -0.2 | 10:19 | -0.3 | 7:13 | 5:02 |  |
| 23 | Mon | 4:35 | 4.9 | 5:04 | 4.2 | 11:10 | -0.3 | 11:11 | -0.3 | 7:12 | 5:03 |  |
| 24 | Tue | 5:29 | 5.0 | 5:57 | 4.3 | | | 12:00 | -0.5 | 7:11 | 5:04 |  |
| 25 | Wed | 6:17 | 5.1 | 6:43 | 4.5 | 12:01 | -0.4 | 12:47 | -0.6 | 7:11 | 5:05 |  |
| 26 | Thu | 7:00 | 5.1 | 7:27 | 4.5 | 12:48 | -0.4 | 1:31 | -0.6 | 7:10 | 5:06 |  |
| 27 | Fri | 7:41 | 5.0 | 8:09 | 4.5 | 1:33 | -0.4 | 2:12 | -0.6 | 7:09 | 5:08 |  |
| 28 | Sat | 8:20 | 4.9 | 8:50 | 4.5 | 2:16 | -0.4 | 2:50 | -0.6 | 7:08 | 5:09 |  |
| 29 | Sun | 8:59 | 4.7 | 9:31 | 4.4 | 2:56 | -0.3 | 3:25 | -0.5 | 7:07 | 5:10 |  |
| 30 | Mon | 9:37 | 4.5 | 10:12 | 4.3 | 3:33 | -0.1 | 3:59 | -0.3 | 7:06 | 5:11 |  |
| 31 | Tue | 10:17 | 4.2 | 10:54 | 4.2 | 4:10 | 0.1 | 4:31 | -0.1 | 7:06 | 5:13 |  |