
































## Atlantic Highlands, NJ - Jan 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:58	5.2	4:31	4.5	10:42	-0.3	10:46	-0.7	7:19	4:40	
2	Thu	5:00	5.6	5:32	4.7	11:38	-0.7	11:41	-0.9	7:19	4:41	
3	Fri	5:56	5.9	6:27	5.0			12:34	-1.0	7:19	4:42	
4	Sat	6:49	6.0	7:20	5.1	12:37	-1.0	1:27	-1.2	7:19	4:43	
5	Sun	7:40	6.1	8:13	5.2	1:32	-1.1	2:19	-1.3	7:19	4:44	
6	Mon	8:31	5.9	9:07	5.1	2:25	-1.1	3:08	-1.3	7:19	4:45	
7	Tue	9:24	5.6	10:02	5.0	3:15	-0.9	3:55	-1.1	7:18	4:46	
8	Wed	10:17	5.3	10:57	4.8	4:05	-0.6	4:42	-0.9	7:18	4:47	
9	Thu	11:10	4.9	11:50	4.7	4:55	-0.3	5:31	-0.5	7:18	4:48	
10	Fri			12:03	4.5	5:50	0.1	6:24	-0.2	7:18	4:49	
11	Sat	12:42	4.5	12:54	4.2	6:50	0.4	7:19	0.1	7:18	4:50	
12	Sun	1:32	4.4	1:45	3.9	7:53	0.5	8:14	0.2	7:17	4:51	
13	Mon	2:22	4.3	2:38	3.7	8:53	0.5	9:06	0.3	7:17	4:52	
14	Tue	3:15	4.3	3:35	3.6	9:47	0.4	9:55	0.3	7:17	4:53	
15	Wed	4:09	4.4	4:31	3.7	10:36	0.3	10:41	0.2	7:16	4:54	
16	Thu	4:59	4.6	5:22	3.8	11:22	0.1	11:26	0.1	7:16	4:55	
17	Fri	5:45	4.7	6:07	4.0			12:06	-0.1	7:15	4:56	
18	Sat	6:26	4.9	6:48	4.1	12:09	0.0	12:49	-0.3	7:15	4:58	
19	Sun	7:04	4.9	7:26	4.2	12:53	-0.1	1:31	-0.4	7:14	4:59	
20	Mon	7:40	5.0	8:03	4.2	1:35	-0.1	2:11	-0.5	7:14	5:00	
21	Tue	8:15	4.9	8:39	4.2	2:15	-0.2	2:49	-0.5	7:13	5:01	
22	Wed	8:50	4.8	9:16	4.2	2:53	-0.1	3:24	-0.5	7:12	5:02	
23	Thu	9:28	4.7	9:55	4.2	3:30	-0.1	3:58	-0.5	7:12	5:03	
24	Fri	10:10	4.6	10:41	4.3	4:08	0.0	4:34	-0.4	7:11	5:05	
25	Sat	10:59	4.4	11:32	4.4	4:51	0.1	5:15	-0.3	7:10	5:06	
26	Sun	11:55	4.2			5:46	0.2	6:07	-0.2	7:09	5:07	
27	Mon	12:27	4.5	12:53	4.1	6:58	0.3	7:12	-0.1	7:09	5:08	
28	Tue	1:25	4.6	1:55	4.1	8:14	0.2	8:22	-0.2	7:08	5:09	
29	Wed	2:28	4.8	3:03	4.1	9:23	0.0	9:28	-0.4	7:07	5:11	
30	Thu	3:37	5.0	4:13	4.3	10:25	-0.3	10:29	-0.6	7:06	5:12	
31	Fri	4:43	5.3	5:17	4.6	11:22	-0.7	11:27	-0.8	7:05	5:13	