



## Atlantic Highlands, NJ - Jul 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:39	4.6	8:50	5.5	2:43	0.2	2:43	0.6	5:30	8:30	☉
2	Wed	9:19	4.6	9:27	5.4	3:24	0.2	3:24	0.7	5:30	8:30	☉
3	Thu	9:59	4.5	10:03	5.2	4:01	0.2	4:03	0.8	5:31	8:30	☉
4	Fri	10:39	4.5	10:40	5.1	4:37	0.2	4:39	0.9	5:31	8:29	☉
5	Sat	11:19	4.5	11:20	4.9	5:12	0.3	5:16	1.0	5:32	8:29	☾
6	Sun			12:02	4.5	5:47	0.4	5:56	1.1	5:33	8:29	☾
7	Mon	12:05	4.8	12:46	4.6	6:25	0.5	6:46	1.2	5:33	8:28	☾
8	Tue	12:54	4.7	1:33	4.8	7:12	0.6	7:52	1.2	5:34	8:28	☾
9	Wed	1:47	4.6	2:23	5.1	8:08	0.6	9:04	1.0	5:34	8:28	☾
10	Thu	2:43	4.6	3:18	5.3	9:10	0.5	10:11	0.8	5:35	8:27	☾
11	Fri	3:46	4.6	4:19	5.6	10:12	0.3	11:12	0.4	5:36	8:27	☾
12	Sat	4:54	4.7	5:23	5.9	11:11	0.1			5:37	8:26	☾
13	Sun	5:59	5.0	6:23	6.2	12:09	0.1	12:08	-0.2	5:37	8:26	☾
14	Mon	6:58	5.2	7:18	6.5	1:04	-0.3	1:05	-0.3	5:38	8:25	☾
15	Tue	7:53	5.5	8:11	6.6	1:59	-0.6	2:02	-0.5	5:39	8:25	☾
16	Wed	8:47	5.6	9:04	6.5	2:53	-0.8	2:58	-0.5	5:40	8:24	☾
17	Thu	9:41	5.7	9:57	6.3	3:44	-0.9	3:52	-0.4	5:41	8:23	☾
18	Fri	10:37	5.7	10:51	6.0	4:32	-0.8	4:43	-0.3	5:41	8:23	☾
19	Sat	11:33	5.6	11:46	5.7	5:20	-0.6	5:35	0.0	5:42	8:22	☾
20	Sun			12:28	5.5	6:08	-0.3	6:29	0.4	5:43	8:21	☾
21	Mon	12:41	5.3	1:21	5.4	7:00	0.0	7:28	0.7	5:44	8:21	☾
22	Tue	1:33	4.9	2:11	5.3	7:54	0.4	8:31	0.9	5:45	8:20	☾
23	Wed	2:24	4.6	3:01	5.2	8:49	0.6	9:32	1.0	5:46	8:19	☾
24	Thu	3:16	4.4	3:52	5.1	9:43	0.7	10:28	0.9	5:46	8:18	☾
25	Fri	4:12	4.3	4:46	5.1	10:34	0.8	11:18	0.8	5:47	8:17	☾
26	Sat	5:09	4.2	5:38	5.2	11:21	0.8			5:48	8:16	☉
27	Sun	6:03	4.3	6:25	5.3	12:05	0.7	12:07	0.7	5:49	8:15	☉
28	Mon	6:50	4.5	7:08	5.4	12:49	0.5	12:51	0.7	5:50	8:14	☉
29	Tue	7:33	4.6	7:48	5.5	1:33	0.4	1:35	0.6	5:51	8:13	☉
30	Wed	8:13	4.7	8:26	5.5	2:15	0.3	2:19	0.6	5:52	8:12	☉
31	Thu	8:52	4.8	9:02	5.4	2:56	0.2	3:01	0.6	5:53	8:11	☉