
































## Atlantic Highlands, NJ - Nov 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:06	5.6	5:47	0.3	6:43	0.2	7:26	5:52	
2	Sun	12:53	4.9	12:09	5.5	5:49	0.5	6:49	0.3	6:27	4:51	
3	Mon	12:54	4.9	1:11	5.3	7:01	0.6	7:56	0.3	6:29	4:50	
4	Tue	1:54	5.0	2:12	5.2	8:14	0.6	8:57	0.2	6:30	4:49	
5	Wed	2:55	5.1	3:14	5.1	9:19	0.4	9:52	0.0	6:31	4:48	
6	Thu	3:55	5.3	4:15	5.2	10:16	0.2	10:42	-0.1	6:32	4:47	
7	Fri	4:51	5.6	5:10	5.2	11:09	0.0	11:29	-0.2	6:33	4:46	
8	Sat	5:40	5.8	5:58	5.2	11:58	-0.1			6:34	4:44	
9	Sun	6:24	5.9	6:43	5.2	12:14	-0.2	12:45	-0.2	6:35	4:43	
10	Mon	7:06	5.9	7:26	5.1	12:57	-0.1	1:31	-0.2	6:37	4:43	
11	Tue	7:46	5.8	8:08	4.9	1:40	0.0	2:15	-0.1	6:38	4:42	
12	Wed	8:27	5.6	8:51	4.7	2:20	0.2	2:56	0.0	6:39	4:41	
13	Thu	9:07	5.4	9:35	4.5	2:59	0.4	3:35	0.2	6:40	4:40	
14	Fri	9:50	5.1	10:23	4.3	3:36	0.6	4:14	0.4	6:41	4:39	
15	Sat	10:36	4.8	11:14	4.1	4:14	0.9	4:55	0.6	6:42	4:38	
16	Sun	11:24	4.6			4:55	1.1	5:41	0.8	6:44	4:37	
17	Mon	12:04	4.0	12:13	4.5	5:45	1.3	6:35	0.9	6:45	4:37	
18	Tue	12:53	4.0	1:02	4.4	6:50	1.4	7:33	0.9	6:46	4:36	
19	Wed	1:41	4.1	1:51	4.3	7:58	1.4	8:28	0.8	6:47	4:35	
20	Thu	2:30	4.3	2:44	4.4	8:59	1.1	9:19	0.5	6:48	4:35	
21	Fri	3:22	4.6	3:41	4.5	9:53	0.8	10:06	0.3	6:49	4:34	
22	Sat	4:13	4.9	4:36	4.6	10:43	0.5	10:51	0.0	6:50	4:33	
23	Sun	5:02	5.3	5:26	4.9	11:32	0.1	11:37	-0.2	6:52	4:33	
24	Mon	5:47	5.7	6:14	5.0			12:21	-0.2	6:53	4:32	
25	Tue	6:31	6.0	7:01	5.1	12:24	-0.4	1:11	-0.5	6:54	4:32	
26	Wed	7:17	6.2	7:49	5.2	1:12	-0.5	2:02	-0.6	6:55	4:31	
27	Thu	8:05	6.2	8:41	5.1	2:02	-0.6	2:51	-0.7	6:56	4:31	
28	Fri	8:56	6.1	9:37	5.0	2:52	-0.5	3:40	-0.7	6:57	4:31	
29	Sat	9:53	5.8	10:38	4.9	3:43	-0.4	4:31	-0.6	6:58	4:30	
30	Sun	10:53	5.6	11:39	4.9	4:37	-0.2	5:26	-0.4	6:59	4:30	