

































Atlantic Highlands, NJ - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:14	4.8	1:28	4.5	7:31	0.2	8:02	-0.2	7:19	4:40	
2	Fri	2:09	4.7	2:24	4.2	8:36	0.3	8:58	-0.1	7:19	4:41	
3	Sat	3:04	4.7	3:23	4.0	9:36	0.2	9:50	-0.1	7:19	4:42	
4	Sun	4:00	4.7	4:21	4.0	10:29	0.1	10:38	-0.1	7:19	4:43	
5	Mon	4:53	4.8	5:14	4.0	11:17	0.0	11:22	-0.1	7:19	4:44	
6	Tue	5:39	5.0	6:01	4.1			12:02	-0.2	7:19	4:45	
7	Wed	6:22	5.0	6:44	4.2	12:06	-0.1	12:46	-0.3	7:19	4:46	
8	Thu	7:01	5.1	7:24	4.2	12:49	-0.1	1:29	-0.3	7:18	4:47	
9	Fri	7:40	5.0	8:04	4.2	1:31	-0.1	2:09	-0.4	7:18	4:48	
10	Sat	8:17	4.9	8:43	4.1	2:11	0.0	2:47	-0.4	7:18	4:49	
11	Sun	8:53	4.7	9:21	4.0	2:50	0.0	3:23	-0.3	7:18	4:50	
12	Mon	9:30	4.6	10:00	3.9	3:26	0.2	3:57	-0.2	7:17	4:51	
13	Tue	10:07	4.4	10:40	3.9	4:01	0.3	4:30	-0.1	7:17	4:52	
14	Wed	10:47	4.2	11:23	3.9	4:37	0.5	5:05	0.0	7:17	4:53	
15	Thu	11:33	4.1			5:19	0.6	5:46	0.1	7:16	4:54	
16	Fri	12:08	4.0	12:23	3.9	6:17	0.7	6:39	0.2	7:16	4:55	
17	Sat	12:56	4.2	1:18	3.9	7:31	0.7	7:42	0.2	7:15	4:56	
18	Sun	1:50	4.4	2:18	3.9	8:43	0.5	8:47	0.0	7:15	4:57	
19	Mon	2:51	4.6	3:26	3.9	9:47	0.1	9:48	-0.2	7:14	4:58	
20	Tue	3:57	4.9	4:33	4.2	10:45	-0.3	10:45	-0.5	7:14	5:00	
21	Wed	4:59	5.3	5:33	4.5	11:40	-0.6	11:41	-0.8	7:13	5:01	
22	Thu	5:55	5.7	6:28	4.8			12:34	-1.0	7:13	5:02	
23	Fri	6:48	5.9	7:20	5.1	12:37	-1.1	1:27	-1.3	7:12	5:03	
24	Sat	7:39	6.0	8:13	5.2	1:33	-1.2	2:18	-1.5	7:11	5:04	
25	Sun	8:31	5.9	9:06	5.2	2:26	-1.3	3:07	-1.5	7:10	5:06	
26	Mon	9:24	5.7	10:01	5.2	3:17	-1.2	3:54	-1.4	7:10	5:07	
27	Tue	10:18	5.3	10:56	5.0	4:08	-0.9	4:42	-1.1	7:09	5:08	
28	Wed	11:13	4.9	11:51	4.9	5:00	-0.6	5:32	-0.7	7:08	5:09	
29	Thu			12:07	4.6	5:57	-0.2	6:26	-0.4	7:07	5:10	
30	Fri	12:45	4.7	1:01	4.2	7:00	0.1	7:25	-0.1	7:06	5:12	
31	Sat	1:37	4.5	1:55	3.9	8:05	0.3	8:23	0.1	7:05	5:13	