

































## Atlantic Highlands, NJ - Jul 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:31	4.4	5:00	5.3	10:50	0.5	11:45	0.6	5:30	8:30	
2	Thu	5:32	4.5	5:54	5.7	11:41	0.3			5:30	8:30	
3	Fri	6:28	4.8	6:46	6.0	12:37	0.2	12:33	0.1	5:31	8:30	
4	Sat	7:20	5.0	7:36	6.3	1:29	-0.1	1:26	-0.1	5:31	8:29	
5	Sun	8:11	5.2	8:25	6.4	2:22	-0.4	2:20	-0.2	5:32	8:29	
6	Mon	9:04	5.4	9:17	6.4	3:13	-0.6	3:14	-0.3	5:32	8:29	
7	Tue	9:58	5.4	10:11	6.3	4:02	-0.7	4:07	-0.3	5:33	8:29	
8	Wed	10:55	5.5	11:08	6.0	4:50	-0.7	4:59	-0.2	5:34	8:28	
9	Thu	11:53	5.5			5:40	-0.6	5:54	0.0	5:34	8:28	
10	Fri	12:06	5.7	12:51	5.5	6:32	-0.4	6:54	0.3	5:35	8:27	
11	Sat	1:03	5.4	1:46	5.5	7:28	-0.1	7:59	0.5	5:36	8:27	
12	Sun	1:59	5.1	2:40	5.5	8:27	0.1	9:05	0.6	5:36	8:26	
13	Mon	2:54	4.9	3:34	5.4	9:26	0.2	10:07	0.6	5:37	8:26	
14	Tue	3:51	4.6	4:30	5.4	10:21	0.3	11:04	0.5	5:38	8:25	
15	Wed	4:52	4.5	5:26	5.5	11:12	0.4	11:55	0.4	5:39	8:25	
16	Thu	5:49	4.5	6:16	5.5			12:00	0.5	5:40	8:24	
17	Fri	6:41	4.6	7:02	5.6	12:43	0.3	12:45	0.5	5:40	8:24	
18	Sat	7:27	4.6	7:44	5.6	1:29	0.3	1:31	0.5	5:41	8:23	
19	Sun	8:10	4.7	8:24	5.6	2:13	0.2	2:15	0.5	5:42	8:22	
20	Mon	8:51	4.7	9:03	5.5	2:55	0.2	2:58	0.6	5:43	8:21	
21	Tue	9:32	4.7	9:42	5.3	3:34	0.2	3:38	0.6	5:44	8:21	
22	Wed	10:12	4.6	10:20	5.1	4:11	0.2	4:17	0.7	5:45	8:20	
23	Thu	10:53	4.6	10:59	4.9	4:45	0.3	4:53	0.9	5:45	8:19	
24	Fri	11:34	4.6	11:39	4.7	5:19	0.4	5:30	1.1	5:46	8:18	
25	Sat			12:16	4.6	5:53	0.6	6:11	1.2	5:47	8:17	
26	Sun	12:22	4.6	12:57	4.6	6:30	0.7	7:02	1.3	5:48	8:16	
27	Mon	1:08	4.5	1:40	4.8	7:15	0.8	8:07	1.3	5:49	8:16	
28	Tue	1:57	4.4	2:27	4.9	8:11	0.8	9:16	1.2	5:50	8:15	
29	Wed	2:51	4.3	3:21	5.1	9:14	0.8	10:20	0.9	5:51	8:14	
30	Thu	3:54	4.4	4:22	5.4	10:15	0.6	11:18	0.6	5:52	8:13	
31	Fri	5:01	4.5	5:26	5.7	11:14	0.3			5:53	8:12	