






























Atlantic Highlands, NJ - Dec 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:25	5.0	5:46	4.4	11:47	0.3	11:46	0.2	6:59	4:30	
2	Thu	6:04	5.2	6:26	4.5			12:30	0.2	7:00	4:30	
3	Fri	6:39	5.3	7:06	4.5	12:27	0.1	1:14	0.0	7:01	4:29	
4	Sat	7:14	5.4	7:44	4.4	1:08	0.1	1:56	-0.1	7:02	4:29	
5	Sun	7:48	5.4	8:23	4.4	1:48	0.1	2:37	-0.1	7:03	4:29	
6	Mon	8:23	5.3	9:05	4.3	2:28	0.1	3:17	-0.1	7:04	4:29	
7	Tue	9:03	5.3	9:52	4.2	3:08	0.2	3:57	-0.1	7:05	4:29	
8	Wed	9:51	5.1	10:46	4.2	3:49	0.3	4:40	0.0	7:06	4:29	
9	Thu	10:47	5.0	11:43	4.3	4:35	0.4	5:30	0.1	7:07	4:29	
10	Fri	11:47	4.9			5:32	0.5	6:28	0.1	7:08	4:29	
11	Sat	12:40	4.5	12:48	4.8	6:44	0.5	7:32	0.1	7:09	4:29	
12	Sun	1:37	4.7	1:48	4.7	7:59	0.4	8:33	-0.1	7:09	4:29	
13	Mon	2:36	5.0	2:52	4.7	9:07	0.2	9:31	-0.3	7:10	4:30	
14	Tue	3:38	5.3	3:57	4.7	10:08	-0.1	10:25	-0.5	7:11	4:30	
15	Wed	4:37	5.6	4:59	4.8	11:05	-0.4	11:17	-0.7	7:12	4:30	
16	Thu	5:32	5.9	5:54	4.9	11:59	-0.7			7:12	4:30	
17	Fri	6:23	6.0	6:46	5.0	12:08	-0.8	12:52	-0.8	7:13	4:31	
18	Sat	7:11	6.0	7:36	4.9	1:00	-0.7	1:43	-0.9	7:13	4:31	
19	Sun	7:58	5.9	8:26	4.8	1:50	-0.6	2:32	-0.8	7:14	4:31	
20	Mon	8:46	5.7	9:17	4.6	2:38	-0.4	3:18	-0.7	7:15	4:32	
21	Tue	9:35	5.3	10:08	4.4	3:24	-0.2	4:02	-0.5	7:15	4:32	
22	Wed	10:24	5.0	11:01	4.2	4:08	0.1	4:45	-0.2	7:16	4:33	
23	Thu	11:15	4.7	11:52	4.1	4:54	0.4	5:31	0.1	7:16	4:33	
24	Fri			12:05	4.4	5:45	0.7	6:20	0.3	7:16	4:34	
25	Sat	12:41	4.1	12:53	4.1	6:44	0.9	7:12	0.4	7:17	4:35	
26	Sun	1:28	4.0	1:41	3.9	7:48	1.0	8:05	0.5	7:17	4:35	
27	Mon	2:16	4.1	2:32	3.8	8:48	0.9	8:56	0.4	7:18	4:36	
28	Tue	3:07	4.2	3:27	3.8	9:42	0.7	9:44	0.3	7:18	4:37	
29	Wed	3:59	4.4	4:23	3.8	10:31	0.5	10:29	0.2	7:18	4:37	
30	Thu	4:48	4.6	5:14	3.9	11:18	0.2	11:13	0.1	7:18	4:38	
31	Fri	5:32	4.8	5:59	4.1			12:03	0.0	7:18	4:39	