






















Atlantic Highlands, NJ - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:47	4.9	11:59	5.3	5:32	-0.1	5:43	0.7	5:30	8:30	
2	Sun			12:39	4.8	6:17	0.2	6:34	1.0	5:30	8:30	
3	Mon	12:50	5.0	1:28	4.7	7:04	0.4	7:31	1.2	5:31	8:29	
4	Tue	1:38	4.7	2:14	4.7	7:54	0.7	8:32	1.3	5:31	8:29	
5	Wed	2:25	4.5	3:00	4.7	8:45	0.8	9:31	1.3	5:32	8:29	
6	Thu	3:14	4.3	3:48	4.8	9:34	0.8	10:26	1.2	5:33	8:29	
7	Fri	4:07	4.2	4:38	4.9	10:22	0.8	11:15	1.0	5:33	8:28	
8	Sat	5:03	4.2	5:28	5.0	11:08	0.8			5:34	8:28	
9	Sun	5:56	4.2	6:14	5.2	12:02	0.8	11:53 AM	0.7	5:35	8:28	
10	Mon	6:44	4.4	6:56	5.4	12:48	0.6	12:37	0.6	5:35	8:27	
11	Tue	7:28	4.5	7:36	5.5	1:33	0.4	1:22	0.6	5:36	8:27	
12	Wed	8:10	4.6	8:13	5.6	2:18	0.2	2:08	0.5	5:37	8:26	
13	Thu	8:51	4.6	8:52	5.7	3:02	0.1	2:53	0.5	5:38	8:26	
14	Fri	9:33	4.7	9:32	5.7	3:43	0.0	3:37	0.4	5:38	8:25	
15	Sat	10:17	4.8	10:16	5.6	4:23	0.0	4:20	0.4	5:39	8:25	
16	Sun	11:05	4.8	11:06	5.5	5:02	0.0	5:05	0.4	5:40	8:24	
17	Mon	11:57	5.0			5:44	0.0	5:54	0.5	5:41	8:23	
18	Tue	12:00	5.3	12:51	5.1	6:30	0.1	6:53	0.7	5:42	8:23	
19	Wed	12:57	5.1	1:44	5.3	7:24	0.2	8:01	0.7	5:42	8:22	
20	Thu	1:54	5.0	2:39	5.5	8:24	0.3	9:12	0.7	5:43	8:21	
21	Fri	2:53	4.8	3:37	5.6	9:27	0.2	10:18	0.5	5:44	8:20	
22	Sat	3:57	4.7	4:40	5.8	10:27	0.2	11:19	0.3	5:45	8:19	
23	Sun	5:05	4.7	5:41	5.9	11:25	0.1			5:46	8:19	
24	Mon	6:09	4.8	6:38	6.1	12:15	0.0	12:21	0.0	5:47	8:18	
25	Tue	7:06	5.0	7:29	6.2	1:09	-0.1	1:15	0.0	5:48	8:17	
26	Wed	7:58	5.1	8:18	6.2	2:02	-0.3	2:08	0.0	5:49	8:16	
27	Thu	8:47	5.2	9:05	6.0	2:52	-0.3	2:59	0.1	5:49	8:15	
28	Fri	9:36	5.1	9:52	5.8	3:38	-0.3	3:47	0.2	5:50	8:14	
29	Sat	10:24	5.1	10:38	5.5	4:20	-0.2	4:31	0.4	5:51	8:13	
30	Sun	11:12	5.0	11:25	5.2	5:00	0.0	5:14	0.6	5:52	8:12	
31	Mon			12:00	4.9	5:39	0.2	5:59	0.9	5:53	8:11	