

































Atlantic Highlands, NJ - Dec 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:57	4.4	2:02	4.7	8:18	0.8	8:54	0.2	7:00	4:30	
2	Sat	2:54	4.8	3:07	4.7	9:24	0.4	9:48	-0.1	7:01	4:29	
3	Sun	3:54	5.2	4:12	4.9	10:23	0.0	10:39	-0.4	7:02	4:29	
4	Mon	4:51	5.7	5:12	5.0	11:18	-0.4	11:30	-0.7	7:03	4:29	
5	Tue	5:44	6.1	6:07	5.2			12:13	-0.7	7:04	4:29	
6	Wed	6:35	6.3	6:59	5.2	12:22	-0.8	1:08	-0.9	7:05	4:29	
7	Thu	7:25	6.4	7:52	5.2	1:15	-0.9	2:01	-1.0	7:06	4:29	
8	Fri	8:17	6.3	8:47	5.0	2:08	-0.8	2:53	-1.0	7:07	4:29	
9	Sat	9:10	6.0	9:44	4.8	3:00	-0.6	3:43	-0.8	7:08	4:29	
10	Sun	10:06	5.7	10:43	4.7	3:51	-0.3	4:33	-0.6	7:08	4:29	
11	Mon	11:03	5.3	11:42	4.5	4:43	0.0	5:26	-0.3	7:09	4:29	
12	Tue	11:59	4.9			5:40	0.4	6:22	0.0	7:10	4:29	
13	Wed	12:38	4.4	12:53	4.6	6:44	0.7	7:20	0.2	7:11	4:30	
14	Thu	1:31	4.4	1:45	4.4	7:51	0.8	8:16	0.3	7:11	4:30	
15	Fri	2:22	4.4	2:38	4.2	8:52	0.8	9:06	0.3	7:12	4:30	
16	Sat	3:14	4.4	3:32	4.1	9:46	0.6	9:52	0.3	7:13	4:31	
17	Sun	4:06	4.6	4:26	4.1	10:34	0.5	10:34	0.2	7:13	4:31	
18	Mon	4:54	4.7	5:15	4.1	11:19	0.3	11:16	0.1	7:14	4:31	
19	Tue	5:36	4.9	6:00	4.2			12:03	0.1	7:14	4:32	
20	Wed	6:16	5.0	6:41	4.2			12:46	0.0	7:15	4:32	
21	Thu	6:52	5.1	7:21	4.2	12:38	0.1	1:29	-0.1	7:15	4:33	
22	Fri	7:27	5.1	8:00	4.2	1:19	0.1	2:10	-0.2	7:16	4:33	
23	Sat	8:01	5.1	8:39	4.1	2:00	0.1	2:49	-0.2	7:16	4:34	
24	Sun	8:35	5.0	9:19	4.0	2:39	0.2	3:26	-0.2	7:17	4:34	
25	Mon	9:12	4.9	10:02	3.9	3:16	0.2	4:03	-0.1	7:17	4:35	
26	Tue	9:53	4.8	10:49	4.0	3:54	0.3	4:40	0.0	7:17	4:36	
27	Wed	10:43	4.6	11:40	4.1	4:36	0.4	5:23	0.0	7:18	4:36	
28	Thu	11:39	4.5			5:28	0.5	6:14	0.1	7:18	4:37	
29	Fri	12:33	4.3	12:36	4.4	6:36	0.5	7:15	0.0	7:18	4:38	
30	Sat	1:27	4.5	1:35	4.4	7:51	0.4	8:17	-0.1	7:18	4:39	
31	Sun	2:24	4.8	2:39	4.3	9:01	0.2	9:17	-0.2	7:19	4:39	