
































## Atlantic Highlands, NJ - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:26	5.1	3:47	4.3	10:04	-0.1	10:14	-0.5	7:19	4:40	
2	Tue	4:29	5.4	4:53	4.4	11:03	-0.5	11:09	-0.6	7:19	4:41	
3	Wed	5:27	5.7	5:52	4.6	11:59	-0.7			7:19	4:42	
4	Thu	6:20	5.9	6:47	4.7	12:04	-0.8	12:54	-1.0	7:19	4:43	
5	Fri	7:12	6.0	7:40	4.8	12:59	-0.8	1:47	-1.1	7:19	4:44	
6	Sat	8:02	5.9	8:33	4.8	1:53	-0.8	2:38	-1.1	7:19	4:45	
7	Sun	8:53	5.7	9:26	4.7	2:45	-0.7	3:25	-1.0	7:18	4:46	
8	Mon	9:45	5.4	10:20	4.5	3:34	-0.5	4:10	-0.8	7:18	4:47	
9	Tue	10:37	5.0	11:13	4.4	4:22	-0.2	4:56	-0.6	7:18	4:48	
10	Wed	11:29	4.7			5:12	0.1	5:43	-0.2	7:18	4:49	
11	Thu	12:05	4.3	12:19	4.3	6:07	0.4	6:33	0.0	7:18	4:50	
12	Fri	12:54	4.2	1:08	4.0	7:08	0.7	7:25	0.2	7:17	4:51	
13	Sat	1:41	4.2	1:57	3.8	8:11	0.7	8:18	0.3	7:17	4:52	
14	Sun	2:30	4.1	2:50	3.6	9:09	0.7	9:08	0.4	7:17	4:53	
15	Mon	3:22	4.2	3:47	3.6	10:01	0.5	9:56	0.3	7:16	4:54	
16	Tue	4:15	4.3	4:42	3.6	10:49	0.3	10:42	0.2	7:16	4:55	
17	Wed	5:04	4.5	5:32	3.8	11:35	0.1	11:26	0.1	7:15	4:56	
18	Thu	5:48	4.7	6:17	3.9			12:20	-0.1	7:15	4:58	
19	Fri	6:28	4.8	6:58	4.0	12:11	0.0	1:04	-0.2	7:14	4:59	
20	Sat	7:05	4.9	7:37	4.1	12:55	-0.1	1:46	-0.4	7:14	5:00	
21	Sun	7:41	5.0	8:15	4.1	1:38	-0.2	2:26	-0.5	7:13	5:01	
22	Mon	8:17	5.0	8:54	4.1	2:19	-0.2	3:04	-0.5	7:12	5:02	
23	Tue	8:55	4.9	9:35	4.2	3:00	-0.2	3:40	-0.5	7:12	5:03	
24	Wed	9:37	4.8	10:21	4.3	3:40	-0.2	4:16	-0.5	7:11	5:05	
25	Thu	10:25	4.7	11:11	4.4	4:23	-0.1	4:55	-0.4	7:10	5:06	
26	Fri	11:19	4.5			5:12	0.0	5:41	-0.2	7:09	5:07	
27	Sat	12:05	4.5	12:16	4.3	6:15	0.2	6:39	-0.1	7:09	5:08	
28	Sun	1:00	4.6	1:15	4.1	7:29	0.2	7:46	-0.1	7:08	5:10	
29	Mon	1:59	4.8	2:20	4.0	8:42	0.1	8:53	-0.2	7:07	5:11	
30	Tue	3:03	4.9	3:30	4.0	9:49	-0.1	9:56	-0.3	7:06	5:12	
31	Wed	4:10	5.1	4:40	4.1	10:49	-0.4	10:55	-0.5	7:05	5:13	