

































## Atlantic Highlands, NJ - May 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:56	5.0	7:18	5.4	12:55	0.2	1:05	0.0	5:54	7:52	
2	Wed	7:38	5.0	7:56	5.5	1:40	0.1	1:45	0.1	5:53	7:53	
3	Thu	8:18	4.9	8:32	5.5	2:23	0.0	2:24	0.1	5:51	7:54	
4	Fri	8:57	4.8	9:07	5.4	3:04	0.0	3:01	0.2	5:50	7:55	
5	Sat	9:37	4.6	9:42	5.3	3:43	0.1	3:37	0.4	5:49	7:56	
6	Sun	10:18	4.4	10:16	5.1	4:21	0.2	4:12	0.6	5:48	7:57	
7	Mon	11:02	4.2	10:53	4.9	4:57	0.4	4:46	0.8	5:47	7:58	
8	Tue	11:49	4.0	11:34	4.7	5:35	0.6	5:21	1.0	5:46	7:59	
9	Wed			12:38	4.0	6:16	0.8	6:01	1.2	5:44	8:00	
10	Thu	12:21	4.6	1:27	4.0	7:06	0.9	6:55	1.4	5:43	8:01	
11	Fri	1:13	4.5	2:16	4.0	8:07	1.0	8:07	1.4	5:42	8:02	
12	Sat	2:07	4.5	3:06	4.2	9:08	0.9	9:20	1.2	5:41	8:03	
13	Sun	3:04	4.6	4:01	4.5	10:03	0.7	10:23	0.9	5:40	8:04	
14	Mon	4:07	4.7	4:57	4.9	10:54	0.4	11:20	0.5	5:39	8:05	
15	Tue	5:10	4.8	5:50	5.4	11:41	0.1			5:39	8:06	
16	Wed	6:08	5.1	6:40	5.9	12:14	0.1	12:29	-0.1	5:38	8:07	
17	Thu	7:01	5.2	7:28	6.3	1:07	-0.3	1:17	-0.3	5:37	8:08	
18	Fri	7:51	5.3	8:16	6.5	2:00	-0.5	2:08	-0.4	5:36	8:08	
19	Sat	8:43	5.3	9:06	6.5	2:54	-0.7	2:59	-0.4	5:35	8:09	
20	Sun	9:37	5.2	9:59	6.4	3:46	-0.8	3:51	-0.3	5:34	8:10	
21	Mon	10:34	5.1	10:56	6.1	4:37	-0.7	4:42	-0.1	5:34	8:11	
22	Tue	11:36	5.0	11:56	5.8	5:29	-0.5	5:36	0.2	5:33	8:12	
23	Wed			12:38	4.9	6:24	-0.2	6:36	0.5	5:32	8:13	
24	Thu	12:56	5.5	1:38	4.8	7:24	0.1	7:44	0.8	5:31	8:14	
25	Fri	1:54	5.2	2:34	4.8	8:27	0.2	8:53	0.9	5:31	8:15	
26	Sat	2:50	5.0	3:30	4.9	9:26	0.3	9:58	0.9	5:30	8:15	
27	Sun	3:46	4.8	4:25	5.0	10:19	0.3	10:54	0.7	5:30	8:16	
28	Mon	4:43	4.7	5:19	5.1	11:06	0.3	11:44	0.6	5:29	8:17	
29	Tue	5:37	4.6	6:06	5.3	11:49	0.3			5:29	8:18	
30	Wed	6:26	4.6	6:48	5.4	12:30	0.5	12:29	0.3	5:28	8:19	
31	Thu	7:10	4.7	7:27	5.5	1:14	0.4	1:09	0.4	5:28	8:19	