

































## Atlantic Highlands, NJ - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:08	4.5	8:14	5.5	2:15	0.4	2:02	0.7	5:30	8:30	
2	Mon	8:49	4.5	8:50	5.4	2:57	0.3	2:45	0.7	5:30	8:30	
3	Tue	9:30	4.4	9:25	5.3	3:37	0.3	3:26	0.7	5:31	8:30	
4	Wed	10:11	4.4	10:00	5.2	4:15	0.3	4:05	0.8	5:31	8:29	
5	Thu	10:53	4.4	10:39	5.1	4:51	0.3	4:42	0.9	5:32	8:29	
6	Fri	11:36	4.4	11:22	5.0	5:26	0.4	5:21	0.9	5:33	8:29	
7	Sat			12:22	4.5	6:03	0.5	6:06	1.0	5:33	8:28	
8	Sun	12:12	4.9	1:09	4.7	6:45	0.5	7:04	1.1	5:34	8:28	
9	Mon	1:05	4.8	1:58	5.0	7:36	0.5	8:14	1.0	5:35	8:28	
10	Tue	2:01	4.7	2:49	5.2	8:35	0.5	9:25	0.9	5:35	8:27	
11	Wed	3:00	4.7	3:47	5.5	9:36	0.4	10:31	0.6	5:36	8:27	
12	Thu	4:06	4.6	4:50	5.8	10:36	0.2	11:31	0.2	5:37	8:26	
13	Fri	5:15	4.7	5:51	6.1	11:34	0.0			5:37	8:26	
14	Sat	6:19	4.9	6:49	6.3	12:29	-0.1	12:31	-0.1	5:38	8:25	
15	Sun	7:18	5.1	7:43	6.5	1:25	-0.3	1:28	-0.2	5:39	8:25	
16	Mon	8:13	5.3	8:35	6.5	2:20	-0.5	2:26	-0.3	5:40	8:24	
17	Tue	9:08	5.3	9:28	6.4	3:13	-0.6	3:21	-0.2	5:41	8:23	
18	Wed	10:02	5.3	10:21	6.1	4:03	-0.7	4:13	-0.1	5:41	8:23	
19	Thu	10:58	5.3	11:14	5.8	4:50	-0.5	5:03	0.1	5:42	8:22	
20	Fri	11:53	5.2			5:36	-0.3	5:54	0.4	5:43	8:21	
21	Sat	12:08	5.4	12:46	5.1	6:23	0.0	6:49	0.8	5:44	8:20	
22	Sun	1:00	5.1	1:36	5.1	7:12	0.3	7:49	1.0	5:45	8:20	
23	Mon	1:49	4.8	2:23	5.0	8:03	0.6	8:51	1.1	5:46	8:19	
24	Tue	2:38	4.5	3:10	4.9	8:55	0.8	9:50	1.1	5:47	8:18	
25	Wed	3:30	4.3	4:00	4.9	9:46	0.9	10:44	1.0	5:47	8:17	
26	Thu	4:25	4.1	4:52	5.0	10:35	0.9	11:33	0.9	5:48	8:16	
27	Fri	5:22	4.1	5:44	5.1	11:22	0.9			5:49	8:15	
28	Sat	6:14	4.3	6:30	5.2	12:19	0.7	12:07	0.8	5:50	8:14	
29	Sun	7:01	4.4	7:12	5.4	1:03	0.6	12:53	0.7	5:51	8:13	
30	Mon	7:44	4.5	7:51	5.5	1:47	0.4	1:38	0.7	5:52	8:12	
31	Tue	8:25	4.6	8:27	5.5	2:30	0.3	2:22	0.6	5:53	8:11	