



## Atlantic Highlands, NJ - Jul 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:30	4.3	4:18	5.2	10:07	0.6	11:00	0.7	5:30	8:30	
2	Tue	4:35	4.4	5:15	5.6	11:00	0.5	11:55	0.4	5:30	8:30	
3	Wed	5:40	4.5	6:11	5.9	11:53	0.3			5:31	8:30	
4	Thu	6:39	4.7	7:04	6.3	12:50	0.0	12:47	0.1	5:31	8:29	
5	Fri	7:34	4.9	7:56	6.4	1:44	-0.2	1:43	-0.1	5:32	8:29	
6	Sat	8:28	5.1	8:49	6.5	2:39	-0.5	2:40	-0.2	5:32	8:29	
7	Sun	9:23	5.2	9:43	6.4	3:31	-0.6	3:35	-0.2	5:33	8:28	
8	Mon	10:20	5.2	10:39	6.2	4:21	-0.7	4:29	-0.1	5:34	8:28	
9	Tue	11:18	5.3	11:36	5.9	5:10	-0.6	5:23	0.1	5:34	8:28	
10	Wed			12:17	5.3	6:00	-0.4	6:20	0.3	5:35	8:27	
11	Thu	12:33	5.6	1:13	5.3	6:52	-0.2	7:22	0.6	5:36	8:27	
12	Fri	1:28	5.3	2:06	5.3	7:48	0.1	8:28	0.8	5:36	8:26	
13	Sat	2:21	4.9	2:58	5.3	8:44	0.3	9:33	0.8	5:37	8:26	
14	Sun	3:15	4.6	3:50	5.2	9:38	0.4	10:32	0.8	5:38	8:25	
15	Mon	4:11	4.4	4:45	5.2	10:29	0.6	11:25	0.7	5:39	8:25	
16	Tue	5:10	4.3	5:37	5.3	11:17	0.6			5:40	8:24	
17	Wed	6:05	4.3	6:25	5.3	12:13	0.6	12:03	0.7	5:40	8:24	
18	Thu	6:54	4.4	7:08	5.4	12:59	0.5	12:47	0.7	5:41	8:23	
19	Fri	7:38	4.5	7:49	5.4	1:44	0.4	1:32	0.7	5:42	8:22	
20	Sat	8:21	4.5	8:27	5.4	2:27	0.4	2:16	0.7	5:43	8:21	
21	Sun	9:02	4.6	9:04	5.3	3:08	0.3	2:59	0.7	5:44	8:21	
22	Mon	9:43	4.5	9:40	5.2	3:46	0.3	3:40	0.8	5:45	8:20	
23	Tue	10:23	4.5	10:16	5.1	4:22	0.3	4:18	0.8	5:45	8:19	
24	Wed	11:04	4.5	10:52	4.9	4:55	0.4	4:54	0.9	5:46	8:18	
25	Thu	11:45	4.5	11:31	4.7	5:27	0.5	5:32	1.1	5:47	8:17	
26	Fri			12:26	4.6	6:00	0.6	6:15	1.2	5:48	8:16	
27	Sat	12:16	4.6	1:08	4.7	6:36	0.7	7:09	1.2	5:49	8:15	
28	Sun	1:05	4.5	1:53	4.9	7:22	0.8	8:18	1.2	5:50	8:15	
29	Mon	1:58	4.4	2:43	5.1	8:21	0.8	9:28	1.1	5:51	8:14	
30	Tue	2:57	4.3	3:41	5.3	9:26	0.7	10:34	0.8	5:52	8:13	
31	Wed	4:04	4.3	4:45	5.6	10:30	0.6	11:33	0.4	5:53	8:11	