

































## Atlantic Highlands, NJ - Jul 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:43	5.5	1:25	5.2	7:06	-0.1	7:35	0.7	5:29	8:30	
2	Wed	1:39	5.3	2:19	5.3	8:04	0.0	8:45	0.7	5:30	8:30	
3	Thu	2:35	5.0	3:14	5.4	9:02	0.1	9:51	0.7	5:30	8:30	
4	Fri	3:32	4.8	4:10	5.5	9:58	0.2	10:52	0.5	5:31	8:29	
5	Sat	4:33	4.6	5:08	5.6	10:51	0.2	11:47	0.4	5:32	8:29	
6	Sun	5:35	4.6	6:03	5.7	11:42	0.3			5:32	8:29	
7	Mon	6:31	4.6	6:52	5.7	12:39	0.3	12:31	0.3	5:33	8:29	
8	Tue	7:22	4.6	7:37	5.7	1:29	0.2	1:19	0.4	5:34	8:28	
9	Wed	8:09	4.7	8:20	5.6	2:17	0.2	2:07	0.5	5:34	8:28	
10	Thu	8:54	4.6	9:02	5.5	3:02	0.1	2:53	0.6	5:35	8:27	
11	Fri	9:39	4.6	9:43	5.3	3:44	0.2	3:37	0.7	5:36	8:27	
12	Sat	10:24	4.5	10:25	5.1	4:23	0.3	4:17	0.8	5:36	8:27	
13	Sun	11:10	4.5	11:07	4.9	4:59	0.4	4:57	0.9	5:37	8:26	
14	Mon	11:56	4.5	11:49	4.7	5:35	0.5	5:36	1.1	5:38	8:26	
15	Tue			12:40	4.5	6:10	0.7	6:20	1.3	5:39	8:25	
16	Wed	12:33	4.5	1:23	4.5	6:49	0.8	7:13	1.4	5:39	8:24	
17	Thu	1:16	4.3	2:04	4.6	7:32	1.0	8:14	1.5	5:40	8:24	
18	Fri	2:00	4.2	2:46	4.7	8:23	1.0	9:18	1.4	5:41	8:23	
19	Sat	2:49	4.1	3:33	4.9	9:17	1.0	10:18	1.2	5:42	8:22	
20	Sun	3:46	4.0	4:26	5.1	10:12	0.9	11:14	0.9	5:43	8:22	
21	Mon	4:51	4.0	5:24	5.4	11:06	0.8			5:43	8:21	
22	Tue	5:53	4.2	6:18	5.7	12:06	0.6	11:59 AM	0.6	5:44	8:20	
23	Wed	6:49	4.5	7:09	6.0	12:58	0.3	12:52	0.4	5:45	8:19	
24	Thu	7:39	4.8	7:58	6.2	1:50	0.0	1:47	0.2	5:46	8:18	
25	Fri	8:30	5.0	8:48	6.3	2:41	-0.3	2:42	0.0	5:47	8:18	
26	Sat	9:21	5.2	9:39	6.3	3:30	-0.5	3:35	-0.1	5:48	8:17	
27	Sun	10:14	5.3	10:32	6.1	4:16	-0.6	4:27	-0.1	5:49	8:16	
28	Mon	11:10	5.4	11:28	5.8	5:02	-0.6	5:19	0.0	5:50	8:15	
29	Tue			12:06	5.5	5:49	-0.4	6:15	0.3	5:51	8:14	
30	Wed	12:24	5.5	1:02	5.5	6:39	-0.2	7:17	0.5	5:52	8:13	
31	Thu	1:20	5.2	1:56	5.5	7:34	0.1	8:25	0.7	5:52	8:12	