

































## Atlantic Highlands, NJ - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:34	5.0	5:59	3.9			12:07	-0.1	7:19	4:40	
2	Fri	6:17	5.2	6:43	4.0	12:00	0.1	12:54	-0.3	7:19	4:41	
3	Sat	6:58	5.4	7:26	4.1	12:46	-0.1	1:41	-0.5	7:19	4:41	
4	Sun	7:41	5.5	8:10	4.2	1:34	-0.2	2:26	-0.6	7:19	4:42	
5	Mon	8:27	5.5	8:58	4.3	2:22	-0.3	3:10	-0.7	7:19	4:43	
6	Tue	9:15	5.4	9:50	4.4	3:09	-0.4	3:53	-0.7	7:19	4:44	
7	Wed	10:08	5.2	10:46	4.5	3:57	-0.3	4:38	-0.7	7:19	4:45	
8	Thu	11:04	5.0	11:43	4.6	4:49	-0.1	5:26	-0.6	7:18	4:46	
9	Fri			12:01	4.7	5:50	0.1	6:20	-0.4	7:18	4:47	
10	Sat	12:39	4.7	12:57	4.5	6:59	0.2	7:20	-0.3	7:18	4:48	
11	Sun	1:35	4.8	1:55	4.2	8:12	0.2	8:21	-0.2	7:18	4:49	
12	Mon	2:33	4.8	2:58	4.0	9:19	0.1	9:21	-0.2	7:18	4:50	
13	Tue	3:35	4.9	4:04	3.9	10:19	0.0	10:17	-0.2	7:17	4:51	
14	Wed	4:36	5.0	5:06	4.0	11:15	-0.2	11:10	-0.3	7:17	4:52	
15	Thu	5:32	5.1	6:01	4.1			12:07	-0.4	7:16	4:53	
16	Fri	6:21	5.2	6:50	4.2	12:02	-0.3	12:57	-0.5	7:16	4:55	
17	Sat	7:06	5.2	7:36	4.3	12:51	-0.3	1:44	-0.5	7:16	4:56	
18	Sun	7:49	5.1	8:21	4.3	1:39	-0.2	2:27	-0.5	7:15	4:57	
19	Mon	8:31	4.9	9:05	4.2	2:23	-0.2	3:07	-0.5	7:15	4:58	
20	Tue	9:12	4.7	9:49	4.1	3:05	-0.1	3:43	-0.3	7:14	4:59	
21	Wed	9:53	4.5	10:33	4.0	3:43	0.1	4:18	-0.2	7:13	5:00	
22	Thu	10:35	4.2	11:17	4.0	4:22	0.3	4:52	0.0	7:13	5:01	
23	Fri	11:17	3.9			5:03	0.5	5:27	0.2	7:12	5:03	
24	Sat	12:01	4.0	12:01	3.7	5:50	0.7	6:08	0.4	7:11	5:04	
25	Sun	12:43	4.0	12:46	3.5	6:49	0.9	6:57	0.6	7:11	5:05	
26	Mon	1:26	4.0	1:34	3.3	7:55	0.9	7:56	0.6	7:10	5:06	
27	Tue	2:13	4.0	2:30	3.2	8:59	0.7	8:55	0.6	7:09	5:07	
28	Wed	3:08	4.2	3:35	3.3	9:57	0.5	9:52	0.4	7:08	5:09	
29	Thu	4:08	4.4	4:39	3.4	10:50	0.2	10:44	0.2	7:07	5:10	
30	Fri	5:04	4.7	5:33	3.7	11:40	-0.1	11:36	-0.1	7:07	5:11	
31	Sat	5:54	5.1	6:21	4.0			12:30	-0.4	7:06	5:12	