

Atlantic Highlands, NJ - Sep 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:11	5.0	5:36	5.8	11:25	0.2			6:24	7:27	
2	Tue	6:11	5.3	6:33	5.9	12:12	0.0	12:21	0.0	6:25	7:26	
3	Wed	7:04	5.6	7:23	6.0	1:03	-0.2	1:14	-0.1	6:26	7:24	
4	Thu	7:52	5.8	8:09	6.0	1:51	-0.3	2:05	-0.1	6:27	7:23	
5	Fri	8:38	5.9	8:54	5.9	2:37	-0.3	2:54	-0.1	6:27	7:21	
6	Sat	9:23	5.8	9:38	5.6	3:20	-0.3	3:39	0.0	6:28	7:19	
7	Sun	10:07	5.7	10:22	5.3	4:01	-0.1	4:22	0.2	6:29	7:18	
8	Mon	10:51	5.5	11:08	5.0	4:39	0.2	5:03	0.5	6:30	7:16	
9	Tue	11:38	5.3	11:56	4.7	5:16	0.5	5:46	0.8	6:31	7:14	
10	Wed			12:25	5.1	5:55	0.8	6:33	1.0	6:32	7:13	
11	Thu	12:46	4.4	1:14	4.9	6:38	1.1	7:28	1.3	6:33	7:11	
12	Fri	1:36	4.2	2:02	4.8	7:32	1.4	8:30	1.4	6:34	7:09	
13	Sat	2:27	4.1	2:52	4.7	8:37	1.5	9:31	1.3	6:35	7:08	
14	Sun	3:20	4.1	3:45	4.8	9:39	1.4	10:25	1.1	6:36	7:06	
15	Mon	4:17	4.2	4:41	4.9	10:35	1.2	11:14	0.9	6:37	7:04	
16	Tue	5:13	4.5	5:34	5.1	11:26	1.0	11:59	0.6	6:38	7:03	
17	Wed	6:03	4.8	6:21	5.3			12:13	0.7	6:39	7:01	
18	Thu	6:46	5.1	7:04	5.5	12:42	0.3	12:59	0.5	6:40	6:59	
19	Fri	7:26	5.4	7:44	5.7	1:24	0.1	1:45	0.2	6:41	6:58	
20	Sat	8:05	5.7	8:25	5.7	2:07	-0.1	2:32	0.1	6:42	6:56	
21	Sun	8:45	5.9	9:08	5.7	2:49	-0.2	3:18	0.0	6:43	6:54	
22	Mon	9:27	6.0	9:54	5.5	3:31	-0.2	4:04	-0.1	6:44	6:53	
23	Tue	10:14	6.0	10:46	5.3	4:13	-0.2	4:51	0.0	6:45	6:51	
24	Wed	11:08	5.9	11:44	5.1	4:57	0.0	5:42	0.2	6:46	6:49	
25	Thu			12:07	5.7	5:46	0.2	6:40	0.5	6:47	6:48	
26	Fri	12:46	5.0	1:10	5.6	6:45	0.5	7:48	0.6	6:48	6:46	
27	Sat	1:48	4.9	2:11	5.5	7:55	0.7	8:59	0.6	6:49	6:44	
28	Sun	2:50	4.9	3:13	5.4	9:08	0.7	10:03	0.5	6:50	6:43	
29	Mon	3:53	5.0	4:17	5.4	10:15	0.6	11:00	0.3	6:51	6:41	
30	Tue	4:57	5.2	5:20	5.5	11:14	0.4	11:51	0.1	6:52	6:39	