

Atlantic Highlands, NJ - Jan 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:31	4.4	2:42	3.9	9:10	0.5	9:20	0.1	7:19	4:40	
2	Thu	3:29	4.7	3:49	4.0	10:10	0.1	10:14	-0.2	7:19	4:41	
3	Fri	4:29	5.1	4:53	4.2	11:05	-0.3	11:07	-0.4	7:19	4:41	
4	Sat	5:25	5.5	5:51	4.4			12:00	-0.6	7:19	4:42	
5	Sun	6:17	5.9	6:44	4.6	12:01	-0.6	12:54	-0.9	7:19	4:43	
6	Mon	7:09	6.1	7:37	4.8	12:57	-0.8	1:48	-1.1	7:19	4:44	
7	Tue	8:00	6.1	8:31	4.8	1:52	-0.9	2:39	-1.3	7:19	4:45	
8	Wed	8:54	5.9	9:27	4.8	2:45	-0.9	3:28	-1.3	7:18	4:46	
9	Thu	9:49	5.7	10:25	4.8	3:37	-0.8	4:17	-1.1	7:18	4:47	
10	Fri	10:45	5.3	11:23	4.7	4:30	-0.5	5:07	-0.9	7:18	4:48	
11	Sat	11:41	5.0			5:27	-0.2	6:00	-0.6	7:18	4:49	
12	Sun	12:19	4.6	12:36	4.6	6:29	0.1	6:56	-0.3	7:17	4:50	
13	Mon	1:12	4.6	1:29	4.3	7:36	0.3	7:53	-0.1	7:17	4:51	
14	Tue	2:05	4.5	2:23	4.0	8:41	0.4	8:48	0.0	7:17	4:52	
15	Wed	2:59	4.5	3:21	3.8	9:39	0.3	9:39	0.1	7:16	4:54	
16	Thu	3:54	4.5	4:20	3.7	10:32	0.2	10:27	0.1	7:16	4:55	
17	Fri	4:47	4.6	5:13	3.8	11:19	0.1	11:12	0.1	7:16	4:56	
18	Sat	5:34	4.7	6:00	3.9			12:04	0.0	7:15	4:57	
19	Sun	6:16	4.8	6:43	4.0			12:48	-0.2	7:14	4:58	
20	Mon	6:55	4.8	7:24	4.1	12:39	0.0	1:30	-0.2	7:14	4:59	
21	Tue	7:32	4.8	8:03	4.1	1:22	0.0	2:10	-0.3	7:13	5:00	
22	Wed	8:08	4.8	8:42	4.0	2:03	0.0	2:47	-0.3	7:13	5:02	
23	Thu	8:42	4.7	9:20	4.0	2:42	0.0	3:22	-0.3	7:12	5:03	
24	Fri	9:16	4.5	9:58	3.9	3:19	0.1	3:54	-0.2	7:11	5:04	
25	Sat	9:51	4.4	10:38	3.9	3:54	0.2	4:26	-0.1	7:11	5:05	
26	Sun	10:30	4.2	11:20	4.0	4:30	0.3	4:58	0.0	7:10	5:06	
27	Mon	11:17	4.0			5:13	0.4	5:36	0.1	7:09	5:08	
28	Tue	12:06	4.1	12:09	3.9	6:10	0.5	6:27	0.2	7:08	5:09	
29	Wed	12:55	4.3	1:06	3.8	7:24	0.5	7:33	0.2	7:07	5:10	
30	Thu	1:50	4.5	2:09	3.7	8:39	0.4	8:43	0.1	7:06	5:11	
31	Fri	2:53	4.7	3:21	3.8	9:45	0.1	9:48	-0.1	7:06	5:12	