

Atlantic Highlands, NJ - Jul 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:28	5.3	11:38	5.7	5:20	-0.5	5:29	0.1	5:30	8:30	
2	Sun			12:26	5.4	6:09	-0.3	6:27	0.3	5:30	8:30	
3	Mon	12:36	5.5	1:22	5.5	7:04	-0.2	7:31	0.5	5:31	8:30	
4	Tue	1:34	5.3	2:17	5.5	8:03	0.0	8:39	0.6	5:31	8:29	
5	Wed	2:31	5.0	3:13	5.6	9:03	0.1	9:45	0.5	5:32	8:29	
6	Thu	3:29	4.8	4:11	5.6	10:02	0.1	10:46	0.4	5:33	8:29	
7	Fri	4:31	4.7	5:10	5.7	10:57	0.2	11:41	0.3	5:33	8:28	
8	Sat	5:33	4.7	6:05	5.8	11:49	0.2			5:34	8:28	
9	Sun	6:30	4.8	6:54	5.8	12:33	0.1	12:38	0.2	5:35	8:28	
10	Mon	7:20	4.8	7:40	5.8	1:22	0.1	1:27	0.3	5:35	8:27	
11	Tue	8:06	4.9	8:23	5.8	2:09	0.0	2:14	0.3	5:36	8:27	
12	Wed	8:50	4.9	9:04	5.7	2:54	0.0	2:59	0.4	5:37	8:26	
13	Thu	9:34	4.8	9:46	5.5	3:35	0.0	3:41	0.5	5:38	8:26	
14	Fri	10:17	4.8	10:27	5.2	4:14	0.1	4:21	0.7	5:38	8:25	
15	Sat	11:01	4.7	11:10	5.0	4:50	0.2	5:00	0.8	5:39	8:25	
16	Sun	11:46	4.6	11:54	4.8	5:26	0.4	5:40	1.0	5:40	8:24	
17	Mon			12:30	4.6	6:02	0.5	6:23	1.2	5:41	8:23	
18	Tue	12:38	4.5	1:13	4.6	6:41	0.7	7:15	1.4	5:41	8:23	
19	Wed	1:23	4.4	1:54	4.6	7:27	0.8	8:18	1.4	5:42	8:22	
20	Thu	2:08	4.3	2:38	4.7	8:20	0.9	9:21	1.3	5:43	8:21	
21	Fri	2:58	4.2	3:26	4.9	9:18	0.9	10:20	1.1	5:44	8:21	
22	Sat	3:55	4.2	4:21	5.1	10:14	0.8	11:15	0.8	5:45	8:20	
23	Sun	4:57	4.3	5:19	5.4	11:08	0.6			5:46	8:19	
24	Mon	5:57	4.6	6:14	5.7	12:06	0.5	12:01	0.3	5:47	8:18	
25	Tue	6:50	4.9	7:04	6.0	12:57	0.1	12:53	0.1	5:48	8:17	
26	Wed	7:40	5.2	7:53	6.3	1:47	-0.2	1:47	-0.1	5:48	8:16	
27	Thu	8:29	5.4	8:42	6.4	2:37	-0.5	2:41	-0.3	5:49	8:15	
28	Fri	9:20	5.6	9:33	6.3	3:25	-0.6	3:33	-0.4	5:50	8:14	
29	Sat	10:13	5.7	10:26	6.1	4:12	-0.7	4:24	-0.3	5:51	8:13	
30	Sun	11:08	5.8	11:22	5.8	4:59	-0.7	5:16	-0.2	5:52	8:12	
31	Mon			12:05	5.8	5:47	-0.5	6:12	0.1	5:53	8:11	