

Atlantic Highlands, NJ - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:08	4.1	2:28	3.5	8:56	0.9	8:49	0.4	7:18	4:40	
2	Fri	2:59	4.3	3:29	3.5	9:53	0.6	9:42	0.3	7:19	4:41	
3	Sat	3:55	4.6	4:31	3.7	10:46	0.3	10:33	0.1	7:19	4:42	
4	Sun	4:51	5.0	5:27	3.9	11:37	-0.1	11:25	-0.1	7:19	4:43	
5	Mon	5:43	5.3	6:18	4.1			12:28	-0.4	7:19	4:44	
6	Tue	6:32	5.6	7:07	4.4	12:17	-0.4	1:19	-0.7	7:19	4:45	
7	Wed	7:20	5.8	7:56	4.5	1:11	-0.6	2:09	-0.9	7:18	4:46	
8	Thu	8:10	5.8	8:48	4.7	2:04	-0.7	2:56	-1.0	7:18	4:47	
9	Fri	9:01	5.7	9:42	4.8	2:55	-0.8	3:42	-1.0	7:18	4:48	
10	Sat	9:55	5.4	10:38	4.8	3:46	-0.7	4:28	-1.0	7:18	4:49	
11	Sun	10:51	5.1	11:35	4.8	4:39	-0.5	5:16	-0.8	7:18	4:50	
12	Mon	11:47	4.8			5:37	-0.2	6:09	-0.5	7:17	4:51	
13	Tue	12:30	4.8	12:43	4.4	6:42	0.1	7:07	-0.3	7:17	4:52	
14	Wed	1:24	4.8	1:39	4.1	7:51	0.2	8:07	-0.1	7:17	4:53	
15	Thu	2:19	4.7	2:38	3.8	8:58	0.2	9:06	0.0	7:16	4:54	
16	Fri	3:18	4.7	3:42	3.6	9:58	0.2	10:02	0.1	7:16	4:55	
17	Sat	4:18	4.7	4:45	3.7	10:53	0.1	10:53	0.1	7:15	4:56	
18	Sun	5:13	4.8	5:40	3.8	11:43	-0.1	11:42	0.1	7:15	4:57	
19	Mon	6:01	4.8	6:27	3.9			12:30	-0.2	7:14	4:58	
20	Tue	6:45	4.9	7:10	4.0	12:29	0.0	1:14	-0.3	7:14	5:00	
21	Wed	7:25	4.9	7:50	4.0	1:14	0.0	1:56	-0.3	7:13	5:01	
22	Thu	8:04	4.8	8:30	4.1	1:57	0.0	2:34	-0.3	7:12	5:02	
23	Fri	8:42	4.7	9:09	4.0	2:37	0.0	3:09	-0.3	7:12	5:03	
24	Sat	9:19	4.5	9:47	4.0	3:14	0.1	3:41	-0.2	7:11	5:04	
25	Sun	9:55	4.3	10:26	4.0	3:49	0.2	4:12	-0.1	7:10	5:06	
26	Mon	10:33	4.0	11:04	3.9	4:25	0.4	4:43	0.0	7:09	5:07	
27	Tue	11:14	3.8	11:43	4.0	5:03	0.6	5:15	0.2	7:09	5:08	
28	Wed	11:58	3.6			5:49	0.8	5:54	0.3	7:08	5:09	
29	Thu	12:25	4.0	12:47	3.5	6:54	0.8	6:46	0.5	7:07	5:10	
30	Fri	1:12	4.1	1:42	3.3	8:09	0.8	7:54	0.5	7:06	5:12	
31	Sat	2:07	4.3	2:47	3.3	9:18	0.6	9:03	0.4	7:05	5:13	