

Atlantic Highlands, NJ - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:45	4.9	7:12	6.2	12:51	-0.1	12:55	-0.1	5:27	8:20	
2	Tue	7:37	4.9	7:59	6.1	1:43	-0.2	1:44	0.0	5:27	8:21	
3	Wed	8:26	4.8	8:44	6.0	2:34	-0.2	2:34	0.2	5:27	8:21	
4	Thu	9:15	4.7	9:30	5.8	3:23	-0.1	3:22	0.4	5:26	8:22	
5	Fri	10:05	4.6	10:17	5.5	4:08	0.0	4:07	0.6	5:26	8:23	
6	Sat	10:56	4.4	11:06	5.2	4:51	0.2	4:50	0.8	5:26	8:23	
7	Sun	11:49	4.3	11:56	4.9	5:33	0.4	5:34	1.1	5:26	8:24	
8	Mon			12:40	4.3	6:16	0.6	6:22	1.3	5:25	8:25	
9	Tue	12:46	4.7	1:28	4.3	7:02	0.8	7:19	1.5	5:25	8:25	
10	Wed	1:33	4.5	2:13	4.4	7:51	0.9	8:22	1.6	5:25	8:26	
11	Thu	2:19	4.3	2:57	4.5	8:42	0.9	9:24	1.5	5:25	8:26	
12	Fri	3:06	4.2	3:43	4.6	9:30	0.9	10:20	1.3	5:25	8:27	
13	Sat	3:57	4.1	4:32	4.8	10:17	0.8	11:10	1.1	5:25	8:27	
14	Sun	4:53	4.1	5:20	5.0	11:02	0.8	11:58	0.8	5:25	8:27	
15	Mon	5:48	4.1	6:06	5.3	11:46	0.7			5:25	8:28	
16	Tue	6:38	4.2	6:48	5.5	12:45	0.6	12:30	0.6	5:25	8:28	
17	Wed	7:23	4.4	7:30	5.7	1:33	0.4	1:17	0.5	5:25	8:29	
18	Thu	8:08	4.5	8:13	5.9	2:21	0.2	2:05	0.5	5:25	8:29	
19	Fri	8:54	4.5	8:58	5.9	3:08	0.0	2:55	0.4	5:25	8:29	
20	Sat	9:42	4.6	9:46	5.9	3:54	-0.1	3:44	0.3	5:26	8:29	
21	Sun	10:34	4.7	10:39	5.8	4:39	-0.2	4:33	0.3	5:26	8:30	
22	Mon	11:30	4.8	11:35	5.6	5:24	-0.1	5:24	0.4	5:26	8:30	
23	Tue			12:27	5.0	6:11	-0.1	6:21	0.5	5:26	8:30	
24	Wed	12:33	5.4	1:23	5.2	7:04	0.0	7:26	0.7	5:27	8:30	
25	Thu	1:30	5.2	2:16	5.4	8:00	0.1	8:36	0.7	5:27	8:30	
26	Fri	2:25	4.9	3:11	5.5	8:59	0.2	9:43	0.7	5:27	8:30	
27	Sat	3:23	4.7	4:07	5.6	9:55	0.2	10:45	0.5	5:28	8:30	
28	Sun	4:26	4.5	5:06	5.7	10:50	0.2	11:42	0.4	5:28	8:30	
29	Mon	5:30	4.5	6:02	5.8	11:42	0.3			5:29	8:30	
30	Tue	6:28	4.5	6:53	5.8	12:35	0.2	12:33	0.3	5:29	8:30	