

Atlantic Highlands, NJ - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:21	4.6	7:41	5.8	1:27	0.1	1:24	0.4	5:30	8:30	
2	Thu	8:10	4.6	8:26	5.8	2:16	0.1	2:14	0.5	5:30	8:30	
3	Fri	8:56	4.6	9:10	5.6	3:03	0.1	3:02	0.6	5:31	8:30	
4	Sat	9:42	4.6	9:53	5.4	3:46	0.1	3:46	0.7	5:31	8:29	
5	Sun	10:29	4.5	10:37	5.2	4:26	0.2	4:27	0.8	5:32	8:29	
6	Mon	11:15	4.5	11:21	4.9	5:03	0.3	5:07	1.0	5:33	8:29	
7	Tue			12:01	4.5	5:39	0.5	5:49	1.2	5:33	8:29	
8	Wed	12:06	4.7	12:46	4.5	6:15	0.6	6:35	1.4	5:34	8:28	
9	Thu	12:50	4.5	1:28	4.5	6:55	0.8	7:30	1.5	5:35	8:28	
10	Fri	1:34	4.3	2:09	4.6	7:39	0.9	8:33	1.5	5:35	8:27	
11	Sat	2:18	4.1	2:50	4.7	8:29	1.0	9:35	1.4	5:36	8:27	
12	Sun	3:07	4.0	3:36	4.8	9:22	1.0	10:33	1.2	5:37	8:26	
13	Mon	4:05	3.9	4:30	5.0	10:16	1.0	11:26	1.0	5:37	8:26	
14	Tue	5:08	4.0	5:26	5.2	11:08	0.8			5:38	8:25	
15	Wed	6:06	4.1	6:19	5.5	12:17	0.7	12:00	0.7	5:39	8:25	
16	Thu	6:58	4.4	7:09	5.8	1:07	0.4	12:52	0.5	5:40	8:24	
17	Fri	7:47	4.6	7:56	6.1	1:58	0.1	1:46	0.3	5:41	8:24	
18	Sat	8:35	4.9	8:44	6.2	2:47	-0.1	2:39	0.1	5:41	8:23	
19	Sun	9:24	5.1	9:34	6.1	3:33	-0.3	3:31	0.0	5:42	8:22	
20	Mon	10:16	5.2	10:25	6.0	4:18	-0.5	4:22	0.0	5:43	8:21	
21	Tue	11:10	5.4	11:20	5.7	5:02	-0.5	5:13	0.1	5:44	8:21	
22	Wed			12:05	5.5	5:47	-0.3	6:08	0.3	5:45	8:20	
23	Thu	12:16	5.4	1:00	5.6	6:36	-0.1	7:09	0.5	5:46	8:19	
24	Fri	1:12	5.1	1:54	5.6	7:31	0.1	8:17	0.7	5:47	8:18	
25	Sat	2:07	4.8	2:48	5.5	8:30	0.3	9:25	0.8	5:47	8:17	
26	Sun	3:05	4.5	3:45	5.5	9:31	0.5	10:28	0.7	5:48	8:16	
27	Mon	4:07	4.3	4:45	5.4	10:30	0.6	11:26	0.6	5:49	8:15	
28	Tue	5:13	4.2	5:44	5.5	11:25	0.6			5:50	8:15	
29	Wed	6:14	4.3	6:37	5.5	12:19	0.5	12:17	0.7	5:51	8:14	
30	Thu	7:06	4.5	7:24	5.6	1:08	0.4	1:07	0.6	5:52	8:12	
31	Fri	7:52	4.6	8:07	5.6	1:55	0.3	1:55	0.6	5:53	8:11	