US HARBORS www.USHarbors.com

Highlands, NJ - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:40	3.9	11:18	3.6	4:32	0.4	5:04	0.0	7:18	4:40	
2	Fri	11:25	3.8			5:12	0.5	5:41	0.1	7:19	4:41	
3	Sat	12:04	3.7	12:16	3.6	6:03	0.6	6:26	0.1	7:19	4:42	
4	Sun	12:53	3.8	1:11	3.5	7:13	0.6	7:23	0.2	7:19	4:43	
5	Mon	1:46	4.0	2:10	3.4	8:30	0.5	8:30	0.1	7:19	4:43	
6	Tue	2:44	4.2	3:16	3.4	9:41	0.3	9:35	-0.1	7:18	4:44	
7	Wed	3:50	4.4	4:28	3.5	10:44	0.0	10:37	-0.3	7:18	4:45	
8	Thu	4:58	4.7	5:34	3.7	11:42	-0.3	11:36	-0.5	7:18	4:46	
9	Fri	5:59	5.0	6:33	4.0			12:37	-0.6	7:18	4:47	
10	Sat	6:54	5.2	7:27	4.3	12:34	-0.7	1:32	-0.9	7:18	4:48	
11	Sun	7:46	5.3	8:20	4.4	1:31	-0.8	2:23	-1.1	7:18	4:49	
12	Mon	8:37	5.2	9:12	4.5	2:26	-0.9	3:12	-1.1	7:17	4:51	
13	Tue	9:28	5.0	10:05	4.5	3:18	-0.8	3:58	-1.1	7:17	4:52	
14	Wed	10:19	4.7	10:58	4.4	4:08	-0.7	4:43	-0.9	7:17	4:53	
15	Thu	11:11	4.4	11:51	4.3	4:57	-0.4	5:28	-0.6	7:16	4:54	
16	Fri			12:03	4.0	5:49	-0.1	6:15	-0.3	7:16	4:55	
17	Sat	12:42	4.1	12:54	3.7	6:46	0.2	7:07	0.0	7:15	4:56	
18	Sun	1:31	4.0	1:45	3.4	7:49	0.4	8:02	0.3	7:15	4:57	
19	Mon	2:20	3.9	2:37	3.1	8:52	0.5	8:58	0.4	7:14	4:58	
20	Tue	3:13	3.8	3:35	3.0	9:51	0.5	9:52	0.4	7:14	4:59	
21	Wed	4:09	3.8	4:36	3.0	10:44	0.4	10:43	0.4	7:13	5:01	
22	Thu	5:05	3.9	5:32	3.1	11:31	0.2	11:30	0.3	7:12	5:02	
23	Fri	5:55	4.0	6:20	3.3			12:17	0.1	7:12	5:03	
24	Sat	6:38	4.2	7:03	3.4	12:15	0.2	1:00	-0.1	7:11	5:04	
25	Sun	7:17	4.3	7:41	3.6	1:00	0.1	1:42	-0.2	7:10	5:05	
26	Mon	7:54	4.3	8:18	3.6	1:43	0.0	2:21	-0.3	7:10	5:07	
27	Tue	8:29	4.3	8:53	3.7	2:24	-0.1	2:57	-0.4	7:09	5:08	
28	Wed	9:02	4.2	9:27	3.7	3:03	-0.1	3:31	-0.4	7:08	5:09	
29	Thu	9:37	4.1	10:02	3.8	3:39	0.0	4:02	-0.4	7:07	5:10	
30	Fri	10:14	3.9	10:41	3.9	4:15	0.0	4:33	-0.3	7:06	5:11	
31	Sat	10:58	3.7	11:27	4.0	4:54	0.1	5:07	-0.2	7:05	5:13	