US HARBORS www.USHarbors.com

Highlands, NJ - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:46	3.9	4:25	4.7	10:11	0.5	11:00	0.7	5:29	8:30	
2	Thu	4:43	3.8	5:19	4.7	11:02	0.6	11:52	0.6	5:30	8:29	
3	Fri	5:42	3.7	6:12	4.7	11:49	0.7			5:30	8:29	
4	Sat	6:37	3.7	6:59	4.8	12:40	0.6	12:35	0.7	5:31	8:29	
5	Sun	7:26	3.8	7:43	4.8	1:26	0.5	1:20	0.7	5:31	8:29	
6	Mon	8:10	3.9	8:23	4.9	2:10	0.4	2:05	0.7	5:32	8:28	
7	Tue	8:51	3.9	9:02	4.8	2:53	0.3	2:49	0.7	5:33	8:28	
8	Wed	9:32	4.0	9:40	4.8	3:34	0.3	3:32	0.7	5:33	8:28	
9	Thu	10:11	4.0	10:16	4.6	4:11	0.2	4:11	0.7	5:34	8:27	
10	Fri	10:51	4.0	10:52	4.5	4:46	0.3	4:49	0.8	5:35	8:27	
11	Sat	11:29	4.0	11:29	4.3	5:19	0.3	5:25	0.9	5:35	8:27	
12	Sun			12:08	4.0	5:51	0.4	6:02	1.0	5:36	8:26	
13	Mon	12:09	4.2	12:49	4.1	6:23	0.5	6:46	1.1	5:37	8:26	
14	Tue	12:55	4.0	1:33	4.3	7:01	0.5	7:44	1.1	5:38	8:25	
15	Wed	1:45	3.9	2:19	4.5	7:49	0.6	8:57	1.1	5:38	8:25	
16	Thu	2:39	3.8	3:12	4.6	8:49	0.6	10:08	0.9	5:39	8:24	
17	Fri	3:40	3.8	4:12	4.8	9:56	0.6	11:13	0.7	5:40	8:23	
18	Sat	4:49	3.8	5:19	5.0	11:01	0.4			5:41	8:23	
19	Sun	6:00	4.0	6:24	5.3	12:12	0.4	12:02	0.2	5:42	8:22	
20	Mon	7:02	4.3	7:23	5.6	1:08	0.0	1:02	0.0	5:42	8:21	
21	Tue	7:59	4.6	8:17	5.7	2:03	-0.2	2:01	-0.2	5:43	8:20	
22	Wed	8:53	4.8	9:09	5.7	2:56	-0.5	2:58	-0.3	5:44	8:20	
23	Thu	9:46	5.0	10:01	5.6	3:47	-0.6	3:53	-0.3	5:45	8:19	
24	Fri	10:39	5.1	10:53	5.4	4:34	-0.7	4:45	-0.2	5:46	8:18	
25	Sat	11:34	5.1	11:46	5.0	5:20	-0.6	5:36	0.0	5:47	8:17	
26	Sun			12:28	5.0	6:05	-0.3	6:28	0.3	5:48	8:16	
27	Mon	12:40	4.7	1:20	4.9	6:52	0.0	7:25	0.6	5:49	8:15	
28	Tue	1:33	4.3	2:11	4.8	7:43	0.3	8:27	0.8	5:50	8:14	
29	Wed	2:25	4.0	3:01	4.7	8:38	0.6	9:31	0.9	5:50	8:13	
30	Thu	3:17	3.8	3:52	4.5	9:35	0.8	10:31	0.9	5:51	8:12	
31	Fri	4:13	3.6	4:46	4.5	10:31	0.9	11:25	0.9	5:52	8:11	