































## Highlands, NJ - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:13	3.6	5:43	4.5	11:23	0.9			5:53	8:10	
2	Sun	6:12	3.6	6:34	4.6	12:14	0.8	12:11	0.9	5:54	8:09	
3	Mon	7:02	3.8	7:20	4.7	12:59	0.6	12:57	0.8	5:55	8:08	
4	Tue	7:47	4.0	8:01	4.8	1:42	0.5	1:42	0.7	5:56	8:07	
5	Wed	8:27	4.1	8:38	4.8	2:24	0.4	2:26	0.6	5:57	8:06	
6	Thu	9:05	4.2	9:14	4.8	3:04	0.3	3:09	0.6	5:58	8:05	
7	Fri	9:41	4.3	9:48	4.7	3:41	0.2	3:49	0.6	5:59	8:03	
8	Sat	10:15	4.3	10:22	4.6	4:15	0.2	4:26	0.6	6:00	8:02	
9	Sun	10:48	4.3	10:57	4.4	4:47	0.2	5:02	0.7	6:01	8:01	
10	Mon	11:24	4.4	11:36	4.2	5:17	0.3	5:39	0.8	6:02	8:00	
11	Tue			12:05	4.5	5:48	0.4	6:21	0.9	6:03	7:58	
12	Wed	12:24	4.0	12:53	4.6	6:24	0.5	7:16	1.0	6:04	7:57	
13	Thu	1:18	3.9	1:47	4.6	7:10	0.6	8:29	1.1	6:05	7:56	
14	Fri	2:18	3.8	2:46	4.7	8:16	0.7	9:46	1.0	6:06	7:54	
15	Sat	3:22	3.8	3:50	4.8	9:33	0.7	10:54	0.7	6:07	7:53	
16	Sun	4:32	3.9	5:01	5.0	10:46	0.5	11:54	0.4	6:08	7:52	
17	Mon	5:44	4.1	6:09	5.2	11:51	0.3			6:09	7:50	
18	Tue	6:47	4.5	7:08	5.5	12:49	0.1	12:50	0.0	6:10	7:49	
19	Wed	7:43	4.9	8:01	5.6	1:42	-0.2	1:48	-0.2	6:11	7:47	
20	Thu	8:34	5.2	8:51	5.6	2:33	-0.5	2:43	-0.3	6:12	7:46	
21	Fri	9:24	5.3	9:40	5.5	3:21	-0.6	3:36	-0.3	6:13	7:44	
22	Sat	10:13	5.4	10:28	5.2	4:07	-0.6	4:26	-0.2	6:13	7:43	
23	Sun	11:03	5.3	11:18	4.9	4:50	-0.4	5:14	0.0	6:14	7:41	
24	Mon	11:54	5.1			5:33	-0.1	6:02	0.3	6:15	7:40	
25	Tue	12:10	4.5	12:45	4.9	6:15	0.2	6:53	0.6	6:16	7:38	
26	Wed	1:04	4.2	1:36	4.7	7:02	0.6	7:50	0.9	6:17	7:37	
27	Thu	1:57	3.9	2:26	4.5	7:55	1.0	8:54	1.1	6:18	7:35	
28	Fri	2:49	3.7	3:18	4.4	8:57	1.2	9:58	1.1	6:19	7:34	
29	Sat	3:44	3.6	4:12	4.3	9:59	1.2	10:55	1.1	6:20	7:32	
30	Sun	4:44	3.6	5:10	4.3	10:56	1.2	11:44	0.9	6:21	7:31	
31	Mon	5:43	3.7	6:05	4.4	11:47	1.0			6:22	7:29	