US HARBORS www.USHarbors.com

Highlands, NJ - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:35	3.9	6:52	4.6	12:28	0.7	12:33	0.9	6:23	7:27	
2	Wed	7:19	4.2	7:33	4.7	1:10	0.6	1:18	0.7	6:24	7:26	
3	Thu	7:58	4.4	8:11	4.8	1:50	0.4	2:01	0.6	6:25	7:24	
4	Fri	8:33	4.5	8:46	4.8	2:28	0.3	2:44	0.5	6:26	7:23	
5	Sat	9:07	4.7	9:20	4.7	3:05	0.2	3:25	0.5	6:27	7:21	
6	Sun	9:39	4.7	9:54	4.6	3:40	0.2	4:04	0.5	6:28	7:19	
7	Mon	10:11	4.8	10:31	4.4	4:14	0.2	4:42	0.5	6:29	7:18	
8	Tue	10:47	4.8	11:13	4.2	4:46	0.3	5:21	0.6	6:30	7:16	
9	Wed	11:31	4.8			5:20	0.4	6:05	0.7	6:31	7:14	
10	Thu	12:04	4.0	12:25	4.8	5:59	0.6	7:00	0.9	6:32	7:13	
11	Fri	1:04	3.9	1:27	4.8	6:50	0.7	8:13	1.0	6:33	7:11	
12	Sat	2:09	3.8	2:31	4.8	8:01	0.8	9:30	0.9	6:34	7:09	
13	Sun	3:14	3.9	3:38	4.8	9:24	0.8	10:37	0.7	6:35	7:08	
14	Mon	4:22	4.1	4:48	4.9	10:38	0.6	11:36	0.4	6:36	7:06	
15	Tue	5:31	4.4	5:54	5.1	11:41	0.3			6:37	7:04	
16	Wed	6:32	4.8	6:52	5.3	12:28	0.0	12:39	0.1	6:38	7:03	
17	Thu	7:25	5.2	7:43	5.4	1:18	-0.2	1:33	-0.1	6:38	7:01	
18	Fri	8:13	5.4	8:30	5.4	2:06	-0.4	2:26	-0.2	6:39	6:59	
19	Sat	9:00	5.6	9:16	5.2	2:52	-0.4	3:17	-0.3	6:40	6:58	
20	Sun	9:45	5.5	10:02	5.0	3:37	-0.3	4:04	-0.2	6:41	6:56	
21	Mon	10:30	5.4	10:50	4.7	4:19	-0.1	4:50	0.0	6:42	6:54	
22	Tue	11:17	5.1	11:40	4.3	5:00	0.2	5:34	0.3	6:43	6:53	
23	Wed			12:06	4.8	5:40	0.5	6:20	0.6	6:44	6:51	
24	Thu	12:33	4.0	12:58	4.6	6:22	0.9	7:12	0.9	6:45	6:49	
25	Fri	1:27	3.8	1:50	4.4	7:11	1.2	8:13	1.2	6:46	6:48	
26	Sat	2:21	3.6	2:42	4.2	8:14	1.4	9:18	1.2	6:47	6:46	
27	Sun	3:15	3.6	3:36	4.2	9:23	1.5	10:17	1.1	6:48	6:44	
28	Mon	4:11	3.7	4:32	4.2	10:25	1.4	11:07	1.0	6:49	6:43	
29	Tue	5:08	3.8	5:27	4.3	11:19	1.2	11:51	0.8	6:50	6:41	
30	Wed	6:00	4.0	6:17	4.4			12:06	1.0	6:51	6:39	