US HARBORS www.USHarbors.com

Highlands, NJ - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:36	5.1	7:08	4.1	12:19	-0.1	1:16	-0.2	6:59	4:30	
2	Wed	7:21	5.3	7:55	4.2	1:08	-0.2	2:07	-0.4	7:00	4:29	
3	Thu	8:08	5.4	8:46	4.2	1:59	-0.3	2:57	-0.5	7:01	4:29	
4	Fri	8:59	5.3	9:40	4.2	2:51	-0.3	3:45	-0.5	7:02	4:29	
5	Sat	9:54	5.1	10:39	4.2	3:42	-0.3	4:34	-0.5	7:03	4:29	
6	Sun	10:53	4.9	11:40	4.2	4:35	-0.1	5:25	-0.3	7:04	4:29	
7	Mon	11:53	4.7			5:32	0.1	6:21	-0.2	7:05	4:29	
8	Tue	12:40	4.3	12:52	4.4	6:38	0.3	7:21	-0.1	7:06	4:29	
9	Wed	1:37	4.4	1:49	4.2	7:48	0.4	8:21	-0.1	7:07	4:29	
10	Thu	2:32	4.4	2:46	4.0	8:56	0.4	9:18	0.0	7:08	4:29	
11	Fri	3:29	4.5	3:46	3.8	9:58	0.3	10:11	0.0	7:09	4:29	
12	Sat	4:26	4.6	4:46	3.8	10:53	0.1	10:59	0.0	7:09	4:29	
13	Sun	5:19	4.7	5:41	3.8	11:43	0.0	11:45	0.0	7:10	4:30	
14	Mon	6:07	4.8	6:30	3.8			12:31	-0.1	7:11	4:30	
15	Tue	6:50	4.8	7:14	3.8	12:30	0.0	1:17	-0.1	7:11	4:30	
16	Wed	7:32	4.8	7:57	3.8	1:15	0.1	2:01	-0.2	7:12	4:30	
17	Thu	8:11	4.7	8:38	3.7	1:58	0.1	2:43	-0.2	7:13	4:31	
18	Fri	8:51	4.5	9:20	3.6	2:40	0.2	3:22	-0.1	7:13	4:31	
19	Sat	9:30	4.3	10:02	3.6	3:19	0.3	3:58	0.0	7:14	4:31	
20	Sun	10:10	4.1	10:46	3.5	3:57	0.4	4:33	0.1	7:15	4:32	
21	Mon	10:51	3.9	11:31	3.5	4:34	0.6	5:09	0.2	7:15	4:32	
22	Tue	11:34	3.8			5:12	0.7	5:46	0.3	7:16	4:33	
23	Wed	12:15	3.5	12:19	3.6	5:58	0.9	6:28	0.4	7:16	4:33	
24	Thu	12:58	3.5	1:05	3.5	6:59	1.0	7:17	0.4	7:16	4:34	
25	Fri	1:41	3.7	1:54	3.4	8:09	0.9	8:14	0.4	7:17	4:35	
26	Sat	2:28	3.8	2:50	3.3	9:16	0.7	9:12	0.3	7:17	4:35	
27	Sun	3:22	4.0	3:54	3.3	10:16	0.5	10:07	0.2	7:17	4:36	
28	Mon	4:22	4.3	4:59	3.5	11:11	0.2	11:02	0.0	7:18	4:37	
29	Tue	5:21	4.6	5:57	3.7			12:04	-0.2	7:18	4:37	
30	Wed	6:15	4.9	6:50	3.9			12:57	-0.5	7:18	4:38	
31	Thu	7:07	5.2	7:41	4.1	12:50	-0.5	1:50	-0.7	7:18	4:39	