US HARBORS www.USHarbors.com

Highlands, NJ - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:57	5.3	8:32	4.4	1:46	-0.7	2:39	-1.0	7:18	4:40	
2	Sat	8:48	5.3	9:26	4.4	2:40	-0.8	3:27	-1.1	7:19	4:41	
3	Sun	9:40	5.1	10:21	4.5	3:32	-0.8	4:14	-1.0	7:19	4:41	
4	Mon	10:35	4.8	11:18	4.5	4:23	-0.6	5:01	-0.9	7:19	4:42	
5	Tue	11:31	4.5			5:17	-0.4	5:51	-0.7	7:19	4:43	
6	Wed	12:14	4.4	12:28	4.2	6:16	-0.1	6:46	-0.4	7:19	4:44	
7	Thu	1:09	4.4	1:23	3.9	7:21	0.1	7:45	-0.2	7:18	4:45	
8	Fri	2:03	4.3	2:18	3.6	8:29	0.3	8:44	0.0	7:18	4:46	
9	Sat	2:58	4.2	3:17	3.4	9:33	0.3	9:42	0.1	7:18	4:47	
10	Sun	3:56	4.1	4:20	3.3	10:30	0.2	10:34	0.1	7:18	4:48	
11	Mon	4:53	4.2	5:19	3.3	11:22	0.1	11:23	0.1	7:18	4:49	
12	Tue	5:45	4.2	6:11	3.4			12:09	0.0	7:17	4:50	
13	Wed	6:31	4.3	6:56	3.5	12:10	0.1	12:54	-0.1	7:17	4:51	
14	Thu	7:13	4.4	7:37	3.6	12:55	0.0	1:37	-0.2	7:17	4:52	
15	Fri	7:52	4.4	8:16	3.7	1:39	0.0	2:18	-0.3	7:16	4:54	
16	Sat	8:29	4.3	8:55	3.7	2:20	0.0	2:55	-0.3	7:16	4:55	
17	Sun	9:06	4.2	9:32	3.7	3:00	0.0	3:30	-0.3	7:15	4:56	
18	Mon	9:41	4.0	10:09	3.6	3:36	0.1	4:02	-0.2	7:15	4:57	
19	Tue	10:16	3.8	10:45	3.6	4:11	0.2	4:33	-0.1	7:14	4:58	
20	Wed	10:53	3.6	11:23	3.6	4:46	0.3	5:03	0.0	7:14	4:59	
21	Thu	11:35	3.5			5:24	0.5	5:36	0.1	7:13	5:00	
22	Fri	12:05	3.6	12:22	3.3	6:13	0.6	6:18	0.2	7:13	5:02	
23	Sat	12:51	3.7	1:15	3.2	7:21	0.7	7:16	0.3	7:12	5:03	
24	Sun	1:42	3.8	2:13	3.1	8:38	0.6	8:27	0.3	7:11	5:04	
25	Mon	2:42	4.0	3:21	3.2	9:47	0.4	9:37	0.1	7:10	5:05	
26	Tue	3:50	4.2	4:33	3.3	10:47	0.0	10:40	-0.2	7:10	5:06	
27	Wed	4:58	4.5	5:37	3.7	11:43	-0.3	11:39	-0.5	7:09	5:08	
28	Thu	5:58	4.8	6:33	4.0			12:36	-0.7	7:08	5:09	
29	Fri	6:52	5.1	7:25	4.4	12:36	-0.7	1:28	-1.0	7:07	5:10	
30	Sat	7:43	5.2	8:16	4.6	1:32	-1.0	2:17	-1.2	7:06	5:11	
31	Sun	8:33	5.2	9:06	4.7	2:26	-1.1	3:05	-1.3	7:05	5:12	