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# Highlands, NJ - Jun 2010

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | | | 12:13 | 3.9 | 5:53 | 0.3 | 5:56 | 1.0 | 5:27 | 8:19 | |
| 2 | Wed | 12:19 | 4.3 | 1:02 | 3.8 | 6:34 | 0.5 | 6:42 | 1.2 | 5:27 | 8:20 | |
| 3 | Thu | 1:07 | 4.1 | 1:49 | 3.9 | 7:18 | 0.7 | 7:36 | 1.3 | 5:26 | 8:21 | |
| 4 | Fri | 1:54 | 4.0 | 2:33 | 3.9 | 8:06 | 0.8 | 8:39 | 1.4 | 5:26 | 8:21 | |
| 5 | Sat | 2:39 | 3.8 | 3:17 | 4.0 | 8:57 | 0.8 | 9:42 | 1.3 | 5:26 | 8:22 | |
| 6 | Sun | 3:26 | 3.7 | 4:03 | 4.2 | 9:48 | 0.8 | 10:39 | 1.1 | 5:26 | 8:23 | |
| 7 | Mon | 4:19 | 3.7 | 4:52 | 4.3 | 10:37 | 0.7 | 11:31 | 0.9 | 5:25 | 8:23 | |
| 8 | Tue | 5:16 | 3.7 | 5:42 | 4.6 | 11:24 | 0.6 | | | 5:25 | 8:24 | |
| 9 | Wed | 6:13 | 3.8 | 6:31 | 4.8 | 12:21 | 0.6 | 12:10 | 0.5 | 5:25 | 8:24 | |
| 10 | Thu | 7:04 | 3.9 | 7:16 | 5.1 | 1:09 | 0.4 | 12:57 | 0.4 | 5:25 | 8:25 | |
| 11 | Fri | 7:51 | 4.1 | 8:01 | 5.3 | 1:58 | 0.2 | 1:46 | 0.3 | 5:25 | 8:25 | |
| 12 | Sat | 8:38 | 4.2 | 8:46 | 5.4 | 2:48 | -0.1 | 2:37 | 0.2 | 5:25 | 8:26 | |
| 13 | Sun | 9:26 | 4.3 | 9:34 | 5.5 | 3:36 | -0.2 | 3:29 | 0.1 | 5:25 | 8:26 | |
| 14 | Mon | 10:18 | 4.4 | 10:25 | 5.4 | 4:23 | -0.3 | 4:19 | 0.0 | 5:25 | 8:27 | |
| 15 | Tue | 11:12 | 4.5 | 11:20 | 5.2 | 5:09 | -0.3 | 5:10 | 0.1 | 5:25 | 8:27 | |
| 16 | Wed | | | 12:10 | 4.6 | 5:56 | -0.3 | 6:03 | 0.2 | 5:25 | 8:28 | |
| 17 | Thu | 12:18 | 5.0 | 1:07 | 4.7 | 6:46 | -0.2 | 7:03 | 0.4 | 5:25 | 8:28 | |
| 18 | Fri | 1:16 | 4.8 | 2:03 | 4.8 | 7:41 | -0.1 | 8:09 | 0.5 | 5:25 | 8:28 | |
| 19 | Sat | 2:12 | 4.6 | 2:57 | 4.9 | 8:39 | 0.1 | 9:18 | 0.6 | 5:25 | 8:29 | |
| 20 | Sun | 3:08 | 4.3 | 3:51 | 4.9 | 9:38 | 0.1 | 10:23 | 0.5 | 5:25 | 8:29 | |
| 21 | Mon | 4:07 | 4.1 | 4:49 | 5.0 | 10:34 | 0.2 | 11:22 | 0.4 | 5:25 | 8:29 | |
| 22 | Tue | 5:09 | 4.0 | 5:46 | 5.0 | 11:28 | 0.2 | | | 5:26 | 8:29 | |
| 23 | Wed | 6:10 | 4.0 | 6:40 | 5.1 | 12:16 | 0.3 | 12:18 | 0.3 | 5:26 | 8:29 | |
| 24 | Thu | 7:06 | 4.0 | 7:29 | 5.1 | 1:08 | 0.2 | 1:07 | 0.3 | 5:26 | 8:30 | |
| 25 | Fri | 7:55 | 4.1 | 8:13 | 5.1 | 1:57 | 0.2 | 1:56 | 0.4 | 5:27 | 8:30 | |
| 26 | Sat | 8:41 | 4.1 | 8:56 | 5.1 | 2:44 | 0.1 | 2:43 | 0.5 | 5:27 | 8:30 | |
| 27 | Sun | 9:26 | 4.1 | 9:38 | 4.9 | 3:28 | 0.1 | 3:28 | 0.5 | 5:27 | 8:30 | |
| 28 | Mon | 10:10 | 4.1 | 10:19 | 4.8 | 4:09 | 0.1 | 4:10 | 0.6 | 5:28 | 8:30 | |
| 29 | Tue | 10:54 | 4.0 | 11:01 | 4.6 | 4:47 | 0.2 | 4:50 | 0.7 | 5:28 | 8:30 | |
| 30 | Wed | 11:38 | 4.0 | 11:43 | 4.3 | 5:22 | 0.3 | 5:29 | 0.9 | 5:29 | 8:30 | |