US HARBORS www.USHarbors.com

Highlands, NJ - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:23	4.0	5:57	0.4	6:09	1.0	5:29	8:30	
2	Fri	12:26	4.1	1:06	4.0	6:33	0.5	6:53	1.2	5:30	8:29	
3	Sat	1:10	4.0	1:48	4.1	7:11	0.7	7:48	1.3	5:30	8:29	
4	Sun	1:54	3.8	2:28	4.1	7:56	0.8	8:52	1.3	5:31	8:29	
5	Mon	2:39	3.7	3:11	4.3	8:48	0.8	9:56	1.2	5:31	8:29	
6	Tue	3:30	3.6	3:59	4.4	9:44	0.8	10:55	1.0	5:32	8:29	
7	Wed	4:29	3.6	4:56	4.6	10:41	0.7	11:50	0.7	5:32	8:28	
8	Thu	5:34	3.7	5:55	4.9	11:36	0.6			5:33	8:28	
9	Fri	6:34	3.9	6:50	5.2	12:42	0.4	12:29	0.4	5:34	8:28	
10	Sat	7:27	4.1	7:41	5.4	1:34	0.1	1:24	0.2	5:34	8:27	
11	Sun	8:18	4.4	8:31	5.6	2:25	-0.1	2:19	0.0	5:35	8:27	
12	Mon	9:08	4.6	9:21	5.6	3:15	-0.4	3:14	-0.1	5:36	8:26	
13	Tue	10:00	4.8	10:12	5.5	4:03	-0.5	4:07	-0.2	5:37	8:26	
14	Wed	10:54	4.9	11:05	5.3	4:49	-0.6	4:58	-0.2	5:37	8:25	
15	Thu	11:49	5.0			5:35	-0.5	5:51	0.0	5:38	8:25	
16	Fri	12:01	5.1	12:46	5.0	6:22	-0.4	6:47	0.2	5:39	8:24	
17	Sat	12:57	4.8	1:41	5.0	7:13	-0.1	7:50	0.5	5:40	8:23	
18	Sun	1:53	4.5	2:34	5.0	8:10	0.1	8:57	0.6	5:41	8:23	
19	Mon	2:49	4.2	3:28	4.9	9:10	0.3	10:03	0.7	5:41	8:22	
20	Tue	3:46	4.0	4:25	4.8	10:10	0.5	11:03	0.6	5:42	8:21	
21	Wed	4:48	3.8	5:24	4.8	11:06	0.6	11:58	0.5	5:43	8:21	
22	Thu	5:51	3.8	6:20	4.8	11:59	0.6			5:44	8:20	
23	Fri	6:48	3.9	7:10	4.9	12:48	0.4	12:48	0.6	5:45	8:19	
24	Sat	7:37	4.0	7:54	4.9	1:35	0.3	1:35	0.6	5:46	8:18	
25	Sun	8:20	4.1	8:35	4.9	2:20	0.3	2:21	0.6	5:47	8:17	
26	Mon	9:02	4.2	9:14	4.9	3:01	0.2	3:05	0.6	5:47	8:16	
27	Tue	9:42	4.2	9:52	4.7	3:40	0.2	3:47	0.6	5:48	8:16	
28	Wed	10:21	4.2	10:29	4.6	4:16	0.2	4:26	0.6	5:49	8:15	
29	Thu	10:59	4.2	11:06	4.4	4:50	0.2	5:02	0.8	5:50	8:14	
30	Fri	11:37	4.2	11:44	4.2	5:21	0.3	5:39	0.9	5:51	8:13	
31	Sat			12:16	4.2	5:52	0.5	6:17	1.0	5:52	8:12	