US HARBORS www.USHarbors.com

Highlands, NJ - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:25	4.0	12:55	4.2	6:23	0.6	7:02	1.2	5:53	8:11	
2	Mon	1:10	3.8	1:38	4.3	7:00	0.8	8:02	1.3	5:54	8:09	
3	Tue	1:59	3.7	2:24	4.4	7:50	0.9	9:13	1.2	5:55	8:08	
4	Wed	2:52	3.6	3:16	4.5	8:55	0.9	10:21	1.1	5:56	8:07	
5	Thu	3:53	3.6	4:18	4.6	10:05	0.8	11:22	0.8	5:57	8:06	
6	Fri	5:01	3.7	5:25	4.9	11:09	0.6			5:58	8:05	
7	Sat	6:08	4.0	6:27	5.2	12:17	0.4	12:09	0.3	5:59	8:04	
8	Sun	7:05	4.4	7:22	5.5	1:09	0.1	1:06	0.1	6:00	8:02	
9	Mon	7:58	4.7	8:14	5.7	2:00	-0.2	2:02	-0.2	6:01	8:01	
10	Tue	8:48	5.1	9:03	5.7	2:50	-0.5	2:58	-0.3	6:02	8:00	
11	Wed	9:39	5.3	9:54	5.6	3:38	-0.7	3:51	-0.4	6:03	7:59	
12	Thu	10:31	5.4	10:46	5.3	4:24	-0.7	4:43	-0.3	6:04	7:57	
13	Fri	11:24	5.4	11:40	5.0	5:10	-0.6	5:34	-0.2	6:05	7:56	
14	Sat			12:19	5.3	5:56	-0.4	6:27	0.1	6:05	7:55	
15	Sun	12:36	4.7	1:15	5.1	6:45	0.0	7:27	0.5	6:06	7:53	
16	Mon	1:33	4.4	2:09	4.9	7:40	0.3	8:32	0.7	6:07	7:52	
17	Tue	2:30	4.1	3:04	4.8	8:42	0.6	9:40	0.8	6:08	7:51	
18	Wed	3:27	3.9	4:00	4.6	9:46	0.8	10:42	0.8	6:09	7:49	
19	Thu	4:28	3.8	4:59	4.6	10:46	0.9	11:37	0.7	6:10	7:48	
20	Fri	5:30	3.8	5:57	4.6	11:40	0.8			6:11	7:46	
21	Sat	6:27	3.9	6:48	4.7	12:25	0.6	12:29	0.8	6:12	7:45	
22	Sun	7:14	4.1	7:31	4.8	1:08	0.5	1:14	0.7	6:13	7:43	
23	Mon	7:56	4.3	8:11	4.8	1:50	0.4	1:58	0.6	6:14	7:42	
24	Tue	8:34	4.4	8:48	4.8	2:29	0.3	2:41	0.5	6:15	7:40	
25	Wed	9:11	4.5	9:23	4.7	3:06	0.2	3:22	0.5	6:16	7:39	
26	Thu	9:46	4.5	9:58	4.6	3:42	0.2	4:01	0.6	6:17	7:37	
27	Fri	10:19	4.5	10:32	4.4	4:15	0.3	4:37	0.6	6:18	7:36	
28	Sat	10:51	4.5	11:07	4.2	4:46	0.4	5:12	0.8	6:19	7:34	
29	Sun	11:24	4.4	11:46	4.0	5:15	0.5	5:48	0.9	6:20	7:33	
30	Mon			12:03	4.4	5:45	0.7	6:28	1.0	6:21	7:31	
31	Tue	12:33	3.8	12:51	4.4	6:20	0.8	7:23	1.2	6:22	7:29	