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# Highlands, NJ - Sep 2010

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 1:28 | 3.7 | 1:46 | 4.5 | 7:08 | 0.9 | 8:38 | 1.2 | 6:23 | 7:28 | |
| 2 | Thu | 2:27 | 3.7 | 2:46 | 4.6 | 8:19 | 1.0 | 9:52 | 1.1 | 6:24 | 7:26 | |
| 3 | Fri | 3:30 | 3.7 | 3:51 | 4.7 | 9:40 | 0.9 | 10:56 | 0.8 | 6:25 | 7:25 | |
| 4 | Sat | 4:38 | 3.9 | 5:01 | 4.9 | 10:51 | 0.7 | 11:51 | 0.4 | 6:26 | 7:23 | |
| 5 | Sun | 5:45 | 4.3 | 6:06 | 5.2 | 11:53 | 0.3 | | | 6:27 | 7:21 | |
| 6 | Mon | 6:44 | 4.7 | 7:03 | 5.4 | 12:43 | 0.0 | 12:50 | 0.0 | 6:28 | 7:20 | |
| 7 | Tue | 7:37 | 5.2 | 7:54 | 5.6 | 1:33 | -0.3 | 1:46 | -0.3 | 6:29 | 7:18 | |
| 8 | Wed | 8:27 | 5.5 | 8:44 | 5.6 | 2:22 | -0.5 | 2:41 | -0.4 | 6:30 | 7:17 | |
| 9 | Thu | 9:16 | 5.7 | 9:33 | 5.5 | 3:10 | -0.6 | 3:34 | -0.5 | 6:31 | 7:15 | |
| 10 | Fri | 10:05 | 5.7 | 10:24 | 5.2 | 3:57 | -0.6 | 4:25 | -0.4 | 6:32 | 7:13 | |
| 11 | Sat | 10:56 | 5.6 | 11:17 | 4.9 | 4:43 | -0.4 | 5:15 | -0.2 | 6:32 | 7:12 | |
| 12 | Sun | 11:50 | 5.4 | | | 5:28 | -0.1 | 6:06 | 0.1 | 6:33 | 7:10 | |
| 13 | Mon | 12:14 | 4.5 | 12:46 | 5.1 | 6:16 | 0.2 | 7:01 | 0.5 | 6:34 | 7:08 | |
| 14 | Tue | 1:12 | 4.2 | 1:42 | 4.8 | 7:10 | 0.6 | 8:04 | 0.8 | 6:35 | 7:07 | |
| 15 | Wed | 2:10 | 4.0 | 2:37 | 4.6 | 8:13 | 1.0 | 9:11 | 0.9 | 6:36 | 7:05 | |
| 16 | Thu | 3:06 | 3.8 | 3:33 | 4.4 | 9:20 | 1.1 | 10:14 | 1.0 | 6:37 | 7:03 | |
| 17 | Fri | 4:04 | 3.8 | 4:30 | 4.4 | 10:23 | 1.1 | 11:08 | 0.9 | 6:38 | 7:02 | |
| 18 | Sat | 5:04 | 3.9 | 5:27 | 4.4 | 11:18 | 1.0 | 11:54 | 0.7 | 6:39 | 7:00 | |
| 19 | Sun | 5:59 | 4.0 | 6:19 | 4.5 | | | 12:06 | 0.9 | 6:40 | 6:58 | |
| 20 | Mon | 6:46 | 4.3 | 7:03 | 4.6 | 12:35 | 0.6 | 12:50 | 0.7 | 6:41 | 6:56 | |
| 21 | Tue | 7:27 | 4.5 | 7:43 | 4.7 | 1:14 | 0.5 | 1:33 | 0.6 | 6:42 | 6:55 | |
| 22 | Wed | 8:04 | 4.7 | 8:20 | 4.7 | 1:52 | 0.4 | 2:15 | 0.5 | 6:43 | 6:53 | |
| 23 | Thu | 8:38 | 4.8 | 8:55 | 4.6 | 2:29 | 0.3 | 2:56 | 0.5 | 6:44 | 6:51 | |
| 24 | Fri | 9:11 | 4.8 | 9:29 | 4.5 | 3:06 | 0.3 | 3:36 | 0.5 | 6:45 | 6:50 | |
| 25 | Sat | 9:41 | 4.8 | 10:03 | 4.3 | 3:40 | 0.4 | 4:14 | 0.5 | 6:46 | 6:48 | |
| 26 | Sun | 10:11 | 4.8 | 10:38 | 4.1 | 4:13 | 0.5 | 4:50 | 0.6 | 6:47 | 6:46 | |
| 27 | Mon | 10:44 | 4.7 | 11:19 | 3.9 | 4:44 | 0.6 | 5:27 | 0.7 | 6:48 | 6:45 | |
| 28 | Tue | 11:25 | 4.7 | | | 5:17 | 0.7 | 6:09 | 0.9 | 6:49 | 6:43 | |
| 29 | Wed | 12:10 | 3.8 | 12:19 | 4.6 | 5:55 | 0.8 | 7:02 | 1.0 | 6:50 | 6:41 | |
| 30 | Thu | 1:10 | 3.7 | 1:21 | 4.6 | 6:46 | 1.0 | 8:12 | 1.0 | 6:51 | 6:40 | |