
































## Highlands, NJ - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:36	4.2	7:49	5.4	1:43	0.1	1:34	0.2	5:29	8:30	
2	Tue	8:25	4.3	8:36	5.5	2:33	-0.1	2:26	0.0	5:30	8:29	
3	Wed	9:14	4.5	9:25	5.6	3:23	-0.3	3:18	0.0	5:30	8:29	
4	Thu	10:06	4.5	10:16	5.5	4:12	-0.4	4:10	-0.1	5:31	8:29	
5	Fri	11:01	4.6	11:12	5.4	5:00	-0.5	5:02	0.0	5:31	8:29	
6	Sat	11:59	4.7			5:47	-0.4	5:55	0.1	5:32	8:29	
7	Sun	12:10	5.2	12:57	4.7	6:38	-0.3	6:53	0.3	5:32	8:28	
8	Mon	1:08	4.9	1:54	4.8	7:33	-0.1	7:58	0.5	5:33	8:28	
9	Tue	2:05	4.7	2:48	4.9	8:31	0.0	9:06	0.5	5:34	8:28	
10	Wed	3:01	4.5	3:43	4.9	9:30	0.1	10:11	0.5	5:34	8:27	
11	Thu	3:58	4.2	4:39	4.9	10:27	0.2	11:11	0.5	5:35	8:27	
12	Fri	4:59	4.1	5:37	5.0	11:20	0.2			5:36	8:26	
13	Sat	5:59	4.1	6:30	5.0	12:05	0.3	12:10	0.3	5:37	8:26	
14	Sun	6:55	4.1	7:18	5.1	12:56	0.3	12:58	0.3	5:37	8:25	
15	Mon	7:44	4.1	8:03	5.1	1:44	0.2	1:45	0.4	5:38	8:25	
16	Tue	8:29	4.2	8:45	5.1	2:31	0.1	2:31	0.4	5:39	8:24	
17	Wed	9:12	4.2	9:25	5.0	3:15	0.1	3:15	0.5	5:40	8:24	
18	Thu	9:55	4.1	10:06	4.8	3:55	0.1	3:57	0.6	5:40	8:23	
19	Fri	10:38	4.1	10:46	4.6	4:34	0.2	4:37	0.7	5:41	8:22	
20	Sat	11:21	4.0	11:27	4.4	5:10	0.3	5:15	0.8	5:42	8:22	
21	Sun			12:05	4.0	5:44	0.4	5:53	1.0	5:43	8:21	
22	Mon	12:09	4.2	12:48	4.0	6:20	0.5	6:35	1.1	5:44	8:20	
23	Tue	12:53	4.1	1:30	4.0	6:57	0.6	7:24	1.2	5:45	8:19	
24	Wed	1:37	3.9	2:11	4.1	7:40	0.8	8:26	1.3	5:46	8:18	
25	Thu	2:22	3.8	2:53	4.2	8:32	0.8	9:33	1.2	5:46	8:18	
26	Fri	3:12	3.8	3:41	4.4	9:29	0.8	10:35	1.0	5:47	8:17	
27	Sat	4:10	3.7	4:37	4.6	10:27	0.7	11:32	0.7	5:48	8:16	
28	Sun	5:14	3.8	5:38	4.9	11:23	0.5			5:49	8:15	
29	Mon	6:17	4.0	6:35	5.2	12:25	0.4	12:17	0.3	5:50	8:14	
30	Tue	7:13	4.3	7:28	5.5	1:18	0.1	1:12	0.1	5:51	8:13	
31	Wed	8:05	4.5	8:19	5.7	2:10	-0.2	2:07	-0.1	5:52	8:12	