


































## Highlands, NJ - May 2023

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Mon | 5:36  | 3.8 | 6:15  | 4.2 |       |      | 12:00 | 0.5  | 5:55  | 7:51 |    |
| 2    | Tue | 6:26  | 4.0 | 6:57  | 4.5 | 12:22 | 0.6  | 12:40 | 0.4  | 5:53  | 7:52 |    |
| 3    | Wed | 7:10  | 4.1 | 7:35  | 4.7 | 1:08  | 0.4  | 1:19  | 0.3  | 5:52  | 7:53 |    |
| 4    | Thu | 7:50  | 4.2 | 8:11  | 5.0 | 1:53  | 0.2  | 1:59  | 0.2  | 5:51  | 7:54 |    |
| 5    | Fri | 8:30  | 4.2 | 8:47  | 5.1 | 2:38  | 0.0  | 2:40  | 0.1  | 5:50  | 7:55 |    |
| 6    | Sat | 9:11  | 4.2 | 9:26  | 5.2 | 3:24  | -0.1 | 3:21  | 0.1  | 5:48  | 7:56 |    |
| 7    | Sun | 9:54  | 4.1 | 10:10 | 5.2 | 4:09  | -0.2 | 4:04  | 0.2  | 5:47  | 7:57 |    |
| 8    | Mon | 10:44 | 4.0 | 11:00 | 5.1 | 4:54  | -0.2 | 4:47  | 0.3  | 5:46  | 7:58 |    |
| 9    | Tue | 11:40 | 3.9 | 11:58 | 4.9 | 5:41  | 0.0  | 5:35  | 0.4  | 5:45  | 7:59 |    |
| 10   | Wed |       |     | 12:43 | 3.9 | 6:33  | 0.1  | 6:31  | 0.6  | 5:44  | 8:00 |    |
| 11   | Thu | 1:02  | 4.8 | 1:46  | 4.0 | 7:34  | 0.3  | 7:41  | 0.7  | 5:43  | 8:01 |    |
| 12   | Fri | 2:04  | 4.7 | 2:47  | 4.1 | 8:40  | 0.3  | 8:59  | 0.7  | 5:42  | 8:02 |   |
| 13   | Sat | 3:05  | 4.6 | 3:47  | 4.3 | 9:44  | 0.2  | 10:11 | 0.6  | 5:41  | 8:03 |  |
| 14   | Sun | 4:06  | 4.5 | 4:48  | 4.5 | 10:41 | 0.1  | 11:14 | 0.4  | 5:40  | 8:04 |  |
| 15   | Mon | 5:09  | 4.4 | 5:47  | 4.8 | 11:33 | -0.1 |       |      | 5:39  | 8:05 |  |
| 16   | Tue | 6:08  | 4.5 | 6:40  | 5.1 | 12:10 | 0.2  | 12:21 | -0.1 | 5:38  | 8:06 |  |
| 17   | Wed | 7:01  | 4.5 | 7:26  | 5.2 | 1:02  | 0.0  | 1:07  | -0.1 | 5:37  | 8:06 |  |
| 18   | Thu | 7:50  | 4.5 | 8:10  | 5.3 | 1:52  | -0.1 | 1:52  | -0.1 | 5:36  | 8:07 |  |
| 19   | Fri | 8:35  | 4.4 | 8:51  | 5.2 | 2:40  | -0.1 | 2:36  | 0.1  | 5:35  | 8:08 |  |
| 20   | Sat | 9:20  | 4.3 | 9:31  | 5.1 | 3:27  | -0.1 | 3:20  | 0.2  | 5:35  | 8:09 |  |
| 21   | Sun | 10:06 | 4.1 | 10:12 | 4.9 | 4:10  | 0.0  | 4:02  | 0.4  | 5:34  | 8:10 |  |
| 22   | Mon | 10:53 | 3.9 | 10:55 | 4.6 | 4:52  | 0.1  | 4:41  | 0.6  | 5:33  | 8:11 |  |
| 23   | Tue | 11:42 | 3.8 | 11:40 | 4.4 | 5:32  | 0.3  | 5:21  | 0.8  | 5:32  | 8:12 |  |
| 24   | Wed |       |     | 12:34 | 3.7 | 6:13  | 0.6  | 6:02  | 1.1  | 5:32  | 8:13 |  |
| 25   | Thu | 12:30 | 4.2 | 1:26  | 3.6 | 6:58  | 0.7  | 6:50  | 1.3  | 5:31  | 8:14 |  |
| 26   | Fri | 1:19  | 4.0 | 2:14  | 3.7 | 7:49  | 0.9  | 7:49  | 1.4  | 5:30  | 8:14 |  |
| 27   | Sat | 2:08  | 3.9 | 3:01  | 3.7 | 8:44  | 0.9  | 8:57  | 1.4  | 5:30  | 8:15 |  |
| 28   | Sun | 2:55  | 3.8 | 3:48  | 3.9 | 9:37  | 0.9  | 10:00 | 1.3  | 5:29  | 8:16 |  |
| 29   | Mon | 3:45  | 3.8 | 4:37  | 4.1 | 10:26 | 0.8  | 10:56 | 1.1  | 5:29  | 8:17 |  |
| 30   | Tue | 4:39  | 3.8 | 5:26  | 4.3 | 11:11 | 0.6  | 11:47 | 0.8  | 5:28  | 8:18 |  |
| 31   | Wed | 5:36  | 3.8 | 6:13  | 4.6 | 11:54 | 0.5  |       |      | 5:28  | 8:18 |  |