

































Highlands, NJ - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:09	4.3	1:52	4.3	7:25	0.5	7:45	1.1	5:29	8:30	
2	Wed	1:56	4.1	2:37	4.3	8:13	0.6	8:45	1.2	5:30	8:29	
3	Thu	2:42	3.8	3:22	4.3	9:01	0.8	9:45	1.2	5:30	8:29	
4	Fri	3:29	3.6	4:08	4.3	9:50	0.9	10:40	1.1	5:31	8:29	
5	Sat	4:21	3.5	4:58	4.4	10:38	0.9	11:31	0.9	5:32	8:29	
6	Sun	5:18	3.5	5:49	4.5	11:25	0.9			5:32	8:28	
7	Mon	6:15	3.5	6:37	4.6	12:19	0.8	12:11	0.8	5:33	8:28	
8	Tue	7:05	3.6	7:21	4.8	1:06	0.6	12:56	0.8	5:33	8:28	
9	Wed	7:50	3.7	8:02	4.9	1:52	0.4	1:42	0.7	5:34	8:27	
10	Thu	8:32	3.8	8:41	5.0	2:38	0.3	2:29	0.7	5:35	8:27	
11	Fri	9:13	3.9	9:21	5.0	3:21	0.2	3:14	0.6	5:35	8:27	
12	Sat	9:54	4.0	10:01	5.0	4:02	0.1	3:58	0.5	5:36	8:26	
13	Sun	10:36	4.1	10:45	4.9	4:41	0.0	4:41	0.5	5:37	8:26	
14	Mon	11:23	4.3	11:32	4.8	5:19	0.0	5:25	0.5	5:38	8:25	
15	Tue			12:13	4.4	5:58	0.0	6:14	0.6	5:38	8:24	
16	Wed	12:24	4.6	1:05	4.6	6:41	0.1	7:11	0.7	5:39	8:24	
17	Thu	1:19	4.4	1:58	4.8	7:30	0.2	8:20	0.8	5:40	8:23	
18	Fri	2:15	4.2	2:52	4.9	8:27	0.3	9:32	0.7	5:41	8:23	
19	Sat	3:13	4.1	3:49	5.0	9:31	0.3	10:40	0.6	5:42	8:22	
20	Sun	4:18	4.0	4:53	5.0	10:34	0.3	11:42	0.4	5:43	8:21	
21	Mon	5:27	4.0	5:58	5.1	11:35	0.3			5:43	8:20	
22	Tue	6:33	4.1	6:58	5.2	12:40	0.2	12:33	0.2	5:44	8:20	
23	Wed	7:31	4.3	7:51	5.3	1:35	0.1	1:30	0.2	5:45	8:19	
24	Thu	8:24	4.4	8:41	5.3	2:28	-0.1	2:24	0.2	5:46	8:18	
25	Fri	9:14	4.5	9:27	5.2	3:17	-0.2	3:16	0.2	5:47	8:17	
26	Sat	10:03	4.5	10:13	5.0	4:03	-0.2	4:04	0.2	5:48	8:16	
27	Sun	10:50	4.5	10:58	4.8	4:44	-0.1	4:49	0.4	5:49	8:15	
28	Mon	11:37	4.5	11:43	4.5	5:22	0.0	5:31	0.6	5:50	8:14	
29	Tue			12:24	4.4	5:59	0.3	6:15	0.8	5:51	8:13	
30	Wed	12:29	4.2	1:09	4.4	6:36	0.5	7:02	1.0	5:52	8:12	
31	Thu	1:15	3.9	1:53	4.3	7:15	0.8	7:56	1.2	5:52	8:11	