

































## Highlands, NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:35	4.2	8:52	5.0	2:37	0.0	2:40	0.2	5:54	7:51	
2	Sat	9:14	4.1	9:28	4.9	3:19	0.0	3:17	0.4	5:53	7:52	
3	Sun	9:53	3.9	10:03	4.7	3:58	0.1	3:54	0.5	5:52	7:53	
4	Mon	10:33	3.8	10:40	4.5	4:36	0.2	4:29	0.7	5:50	7:54	
5	Tue	11:16	3.6	11:19	4.3	5:13	0.4	5:03	0.8	5:49	7:55	
6	Wed			12:02	3.5	5:51	0.5	5:38	1.0	5:48	7:56	
7	Thu	12:02	4.2	12:53	3.4	6:32	0.7	6:17	1.2	5:47	7:57	
8	Fri	12:52	4.0	1:43	3.4	7:20	0.8	7:11	1.3	5:46	7:58	
9	Sat	1:43	4.0	2:31	3.5	8:18	0.8	8:26	1.3	5:45	7:59	
10	Sun	2:36	4.0	3:20	3.7	9:17	0.8	9:40	1.2	5:44	8:00	
11	Mon	3:30	4.0	4:13	4.0	10:12	0.6	10:44	0.9	5:43	8:01	
12	Tue	4:30	4.0	5:09	4.4	11:02	0.4	11:41	0.6	5:42	8:02	
13	Wed	5:32	4.2	6:03	4.8	11:50	0.2			5:41	8:03	
14	Thu	6:30	4.3	6:54	5.2	12:34	0.2	12:37	0.0	5:40	8:04	
15	Fri	7:23	4.4	7:42	5.5	1:27	-0.1	1:26	-0.2	5:39	8:05	
16	Sat	8:14	4.5	8:31	5.7	2:21	-0.3	2:18	-0.3	5:38	8:06	
17	Sun	9:06	4.6	9:21	5.7	3:15	-0.5	3:11	-0.3	5:37	8:07	
18	Mon	10:00	4.5	10:15	5.6	4:07	-0.5	4:04	-0.2	5:36	8:08	
19	Tue	10:58	4.4	11:13	5.3	4:59	-0.5	4:56	0.0	5:35	8:09	
20	Wed			12:00	4.3	5:50	-0.3	5:51	0.2	5:34	8:10	
21	Thu	12:14	5.1	1:02	4.3	6:45	-0.1	6:50	0.5	5:34	8:10	
22	Fri	1:15	4.8	2:01	4.3	7:45	0.1	7:57	0.7	5:33	8:11	
23	Sat	2:12	4.6	2:56	4.4	8:46	0.2	9:06	0.8	5:32	8:12	
24	Sun	3:07	4.3	3:50	4.4	9:44	0.3	10:10	0.8	5:32	8:13	
25	Mon	4:02	4.1	4:44	4.5	10:35	0.3	11:07	0.7	5:31	8:14	
26	Tue	4:58	4.0	5:36	4.6	11:22	0.4	11:58	0.6	5:30	8:15	
27	Wed	5:53	3.9	6:24	4.8			12:05	0.4	5:30	8:16	
28	Thu	6:43	3.9	7:07	4.9	12:44	0.5	12:45	0.4	5:29	8:16	
29	Fri	7:28	3.9	7:47	4.9	1:28	0.4	1:25	0.5	5:29	8:17	
30	Sat	8:10	3.9	8:24	4.9	2:12	0.3	2:06	0.6	5:28	8:18	
31	Sun	8:51	3.9	9:01	4.9	2:55	0.3	2:48	0.6	5:28	8:19	