

































Highlands, NJ - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:49	3.8	9:53	4.7	3:54	0.3	3:48	0.8	5:29	8:30	
2	Thu	10:29	3.8	10:29	4.6	4:31	0.3	4:26	0.8	5:30	8:29	
3	Fri	11:08	3.9	11:07	4.5	5:06	0.3	5:03	0.9	5:30	8:29	
4	Sat	11:49	3.9	11:49	4.4	5:40	0.3	5:41	0.9	5:31	8:29	
5	Sun			12:33	4.1	6:14	0.4	6:25	1.0	5:31	8:29	
6	Mon	12:36	4.3	1:19	4.2	6:53	0.4	7:20	1.0	5:32	8:29	
7	Tue	1:28	4.2	2:07	4.5	7:39	0.4	8:30	1.0	5:33	8:28	
8	Wed	2:22	4.0	2:58	4.7	8:36	0.5	9:44	0.9	5:33	8:28	
9	Thu	3:20	3.9	3:56	4.9	9:39	0.4	10:51	0.7	5:34	8:28	
10	Fri	4:26	3.9	5:01	5.1	10:42	0.3	11:53	0.4	5:35	8:27	
11	Sat	5:37	4.0	6:06	5.3	11:44	0.2			5:35	8:27	
12	Sun	6:44	4.2	7:07	5.5	12:51	0.1	12:44	0.0	5:36	8:26	
13	Mon	7:43	4.4	8:03	5.6	1:48	-0.1	1:43	-0.1	5:37	8:26	
14	Tue	8:38	4.6	8:56	5.7	2:43	-0.3	2:41	-0.1	5:38	8:25	
15	Wed	9:32	4.7	9:48	5.6	3:36	-0.5	3:37	-0.2	5:38	8:25	
16	Thu	10:26	4.8	10:39	5.3	4:24	-0.5	4:29	-0.1	5:39	8:24	
17	Fri	11:20	4.8	11:31	5.0	5:10	-0.5	5:19	0.1	5:40	8:23	
18	Sat			12:14	4.8	5:54	-0.3	6:09	0.4	5:41	8:23	
19	Sun	12:23	4.7	1:05	4.7	6:39	0.0	7:01	0.6	5:42	8:22	
20	Mon	1:14	4.4	1:54	4.6	7:26	0.3	7:59	0.9	5:42	8:21	
21	Tue	2:04	4.1	2:41	4.5	8:15	0.6	9:01	1.0	5:43	8:21	
22	Wed	2:52	3.8	3:28	4.5	9:07	0.8	10:01	1.1	5:44	8:20	
23	Thu	3:43	3.6	4:18	4.4	10:00	0.9	10:57	1.0	5:45	8:19	
24	Fri	4:39	3.5	5:12	4.4	10:52	1.0	11:47	0.9	5:46	8:18	
25	Sat	5:39	3.5	6:05	4.5	11:41	1.0			5:47	8:17	
26	Sun	6:35	3.6	6:54	4.6	12:35	0.7	12:28	0.9	5:48	8:16	
27	Mon	7:23	3.7	7:37	4.7	1:20	0.6	1:14	0.8	5:49	8:15	
28	Tue	8:05	3.9	8:17	4.8	2:04	0.4	2:00	0.7	5:49	8:14	
29	Wed	8:45	4.0	8:54	4.9	2:46	0.3	2:44	0.7	5:50	8:13	
30	Thu	9:23	4.1	9:29	4.9	3:26	0.2	3:27	0.6	5:51	8:12	
31	Fri	9:59	4.2	10:05	4.8	4:03	0.1	4:07	0.6	5:52	8:11	