


































Highlands, NJ - Aug 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 10:35 | 4.3 | 10:42 | 4.7 | 4:37 | 0.1 | 4:45 | 0.6 | 5:53 | 8:10 |  |
| 2 | Sun | 11:14 | 4.4 | 11:23 | 4.5 | 5:10 | 0.1 | 5:24 | 0.6 | 5:54 | 8:09 |  |
| 3 | Mon | 11:57 | 4.5 | | | 5:43 | 0.2 | 6:07 | 0.7 | 5:55 | 8:08 |  |
| 4 | Tue | 12:11 | 4.3 | 12:45 | 4.6 | 6:20 | 0.3 | 7:00 | 0.8 | 5:56 | 8:07 |  |
| 5 | Wed | 1:04 | 4.1 | 1:38 | 4.7 | 7:04 | 0.4 | 8:08 | 0.9 | 5:57 | 8:06 |  |
| 6 | Thu | 2:02 | 4.0 | 2:34 | 4.8 | 8:03 | 0.5 | 9:25 | 0.9 | 5:58 | 8:05 |  |
| 7 | Fri | 3:04 | 3.9 | 3:35 | 4.9 | 9:14 | 0.6 | 10:36 | 0.7 | 5:59 | 8:04 |  |
| 8 | Sat | 4:12 | 3.8 | 4:44 | 5.0 | 10:27 | 0.5 | 11:39 | 0.5 | 6:00 | 8:02 |  |
| 9 | Sun | 5:25 | 4.0 | 5:54 | 5.1 | 11:33 | 0.3 | | | 6:01 | 8:01 |  |
| 10 | Mon | 6:32 | 4.2 | 6:56 | 5.3 | 12:37 | 0.2 | 12:34 | 0.2 | 6:02 | 8:00 |  |
| 11 | Tue | 7:30 | 4.5 | 7:50 | 5.5 | 1:31 | -0.1 | 1:32 | 0.0 | 6:03 | 7:58 |  |
| 12 | Wed | 8:23 | 4.8 | 8:40 | 5.5 | 2:23 | -0.3 | 2:27 | -0.1 | 6:04 | 7:57 |  |
| 13 | Thu | 9:13 | 5.0 | 9:28 | 5.4 | 3:13 | -0.4 | 3:20 | -0.1 | 6:05 | 7:56 |  |
| 14 | Fri | 10:02 | 5.0 | 10:15 | 5.2 | 3:58 | -0.4 | 4:10 | -0.1 | 6:06 | 7:55 |  |
| 15 | Sat | 10:50 | 5.0 | 11:02 | 4.9 | 4:40 | -0.3 | 4:56 | 0.1 | 6:07 | 7:53 |  |
| 16 | Sun | 11:38 | 4.9 | 11:50 | 4.6 | 5:20 | -0.1 | 5:41 | 0.4 | 6:08 | 7:52 |  |
| 17 | Mon | | | 12:26 | 4.8 | 5:59 | 0.2 | 6:27 | 0.6 | 6:09 | 7:50 |  |
| 18 | Tue | 12:39 | 4.2 | 1:13 | 4.6 | 6:39 | 0.5 | 7:18 | 0.9 | 6:10 | 7:49 |  |
| 19 | Wed | 1:28 | 3.9 | 2:00 | 4.5 | 7:23 | 0.9 | 8:17 | 1.1 | 6:10 | 7:48 |  |
| 20 | Thu | 2:18 | 3.7 | 2:48 | 4.3 | 8:16 | 1.1 | 9:21 | 1.2 | 6:11 | 7:46 |  |
| 21 | Fri | 3:09 | 3.5 | 3:38 | 4.3 | 9:17 | 1.3 | 10:22 | 1.2 | 6:12 | 7:45 |  |
| 22 | Sat | 4:05 | 3.4 | 4:34 | 4.2 | 10:18 | 1.3 | 11:16 | 1.1 | 6:13 | 7:43 |  |
| 23 | Sun | 5:07 | 3.5 | 5:32 | 4.3 | 11:13 | 1.2 | | | 6:14 | 7:42 |  |
| 24 | Mon | 6:06 | 3.6 | 6:25 | 4.5 | 12:05 | 0.9 | 12:03 | 1.0 | 6:15 | 7:40 |  |
| 25 | Tue | 6:55 | 3.9 | 7:10 | 4.7 | 12:49 | 0.7 | 12:50 | 0.9 | 6:16 | 7:39 |  |
| 26 | Wed | 7:38 | 4.1 | 7:50 | 4.9 | 1:32 | 0.5 | 1:35 | 0.7 | 6:17 | 7:37 |  |
| 27 | Thu | 8:16 | 4.3 | 8:27 | 4.9 | 2:12 | 0.3 | 2:19 | 0.6 | 6:18 | 7:36 |  |
| 28 | Fri | 8:51 | 4.5 | 9:03 | 5.0 | 2:52 | 0.2 | 3:03 | 0.4 | 6:19 | 7:34 |  |
| 29 | Sat | 9:26 | 4.7 | 9:39 | 4.9 | 3:29 | 0.1 | 3:45 | 0.4 | 6:20 | 7:32 |  |
| 30 | Sun | 10:02 | 4.8 | 10:18 | 4.7 | 4:05 | 0.0 | 4:26 | 0.3 | 6:21 | 7:31 |  |
| 31 | Mon | 10:41 | 4.9 | 11:01 | 4.5 | 4:39 | 0.1 | 5:08 | 0.4 | 6:22 | 7:29 |  |