

































Highlands, NJ - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:09	4.9	5:37	3.9	11:41	-0.5	11:47	-0.5	7:18	4:40	
2	Wed	6:07	5.1	6:34	4.1			12:36	-0.7	7:18	4:41	
3	Thu	7:00	5.2	7:27	4.3	12:42	-0.6	1:29	-0.8	7:19	4:42	
4	Fri	7:49	5.2	8:18	4.3	1:36	-0.7	2:19	-0.9	7:19	4:42	
5	Sat	8:38	5.1	9:08	4.3	2:28	-0.6	3:06	-0.9	7:19	4:43	
6	Sun	9:26	4.9	9:57	4.2	3:17	-0.5	3:50	-0.8	7:18	4:44	
7	Mon	10:14	4.6	10:47	4.1	4:03	-0.3	4:32	-0.6	7:18	4:45	
8	Tue	11:02	4.2	11:37	3.9	4:48	-0.1	5:13	-0.4	7:18	4:46	
9	Wed	11:51	3.9			5:34	0.2	5:55	-0.1	7:18	4:47	
10	Thu	12:25	3.8	12:39	3.6	6:26	0.5	6:41	0.2	7:18	4:48	
11	Fri	1:11	3.8	1:27	3.4	7:25	0.6	7:32	0.3	7:18	4:49	
12	Sat	1:57	3.7	2:16	3.2	8:28	0.7	8:26	0.4	7:17	4:50	
13	Sun	2:45	3.7	3:10	3.1	9:27	0.6	9:21	0.4	7:17	4:51	
14	Mon	3:39	3.7	4:09	3.1	10:21	0.5	10:13	0.4	7:17	4:53	
15	Tue	4:34	3.8	5:07	3.2	11:10	0.3	11:02	0.2	7:16	4:54	
16	Wed	5:26	4.0	5:57	3.3	11:57	0.1	11:48	0.1	7:16	4:55	
17	Thu	6:11	4.2	6:42	3.5			12:41	-0.1	7:15	4:56	
18	Fri	6:52	4.4	7:22	3.7	12:34	0.0	1:25	-0.3	7:15	4:57	
19	Sat	7:30	4.5	8:01	3.8	1:19	-0.2	2:07	-0.4	7:14	4:58	
20	Sun	8:07	4.6	8:40	3.9	2:04	-0.3	2:47	-0.6	7:14	4:59	
21	Mon	8:45	4.5	9:21	4.0	2:47	-0.4	3:25	-0.6	7:13	5:00	
22	Tue	9:26	4.5	10:04	4.1	3:30	-0.4	4:02	-0.6	7:12	5:02	
23	Wed	10:11	4.3	10:53	4.2	4:13	-0.4	4:40	-0.6	7:12	5:03	
24	Thu	11:02	4.1	11:46	4.2	4:59	-0.2	5:21	-0.4	7:11	5:04	
25	Fri	11:59	3.9			5:54	-0.1	6:12	-0.3	7:10	5:05	
26	Sat	12:42	4.3	12:58	3.7	7:00	0.1	7:15	-0.1	7:10	5:06	
27	Sun	1:40	4.3	2:00	3.5	8:14	0.1	8:26	-0.1	7:09	5:08	
28	Mon	2:42	4.3	3:07	3.5	9:25	0.0	9:34	-0.1	7:08	5:09	
29	Tue	3:48	4.4	4:18	3.5	10:29	-0.2	10:37	-0.3	7:07	5:10	
30	Wed	4:55	4.5	5:25	3.7	11:26	-0.4	11:35	-0.4	7:06	5:11	
31	Thu	5:54	4.7	6:22	4.0			12:20	-0.6	7:05	5:13	