

































## Highlands, NJ - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:23	4.3	6:01	0.2	6:08	0.8	5:29	8:30	
2	Sat	12:26	4.3	1:11	4.2	6:41	0.4	6:54	1.0	5:30	8:29	
3	Sun	1:12	4.1	1:56	4.2	7:24	0.6	7:48	1.1	5:30	8:29	
4	Mon	1:58	3.9	2:41	4.2	8:12	0.8	8:48	1.2	5:31	8:29	
5	Tue	2:44	3.8	3:25	4.2	9:04	0.8	9:48	1.2	5:32	8:29	
6	Wed	3:32	3.7	4:13	4.3	9:57	0.8	10:45	1.0	5:32	8:28	
7	Thu	4:26	3.6	5:05	4.4	10:48	0.8	11:36	0.8	5:33	8:28	
8	Fri	5:24	3.7	5:56	4.6	11:37	0.7			5:33	8:28	
9	Sat	6:20	3.8	6:45	4.9	12:25	0.6	12:24	0.6	5:34	8:27	
10	Sun	7:10	4.0	7:29	5.1	1:13	0.3	1:12	0.4	5:35	8:27	
11	Mon	7:56	4.2	8:12	5.3	2:01	0.1	2:00	0.3	5:36	8:27	
12	Tue	8:40	4.4	8:56	5.4	2:48	-0.1	2:50	0.1	5:36	8:26	
13	Wed	9:26	4.5	9:42	5.4	3:34	-0.3	3:39	0.0	5:37	8:26	
14	Thu	10:14	4.6	10:30	5.3	4:18	-0.4	4:27	0.0	5:38	8:25	
15	Fri	11:05	4.7	11:22	5.2	5:02	-0.4	5:16	0.1	5:39	8:24	
16	Sat			12:00	4.8	5:47	-0.4	6:08	0.2	5:39	8:24	
17	Sun	12:18	5.0	12:57	4.9	6:35	-0.3	7:06	0.4	5:40	8:23	
18	Mon	1:16	4.8	1:53	4.9	7:29	-0.1	8:13	0.5	5:41	8:23	
19	Tue	2:13	4.6	2:49	5.0	8:28	0.1	9:22	0.5	5:42	8:22	
20	Wed	3:11	4.4	3:46	5.0	9:31	0.2	10:28	0.5	5:43	8:21	
21	Thu	4:12	4.2	4:46	5.0	10:32	0.2	11:28	0.3	5:44	8:20	
22	Fri	5:16	4.2	5:47	5.0	11:29	0.2			5:44	8:20	
23	Sat	6:18	4.3	6:43	5.1	12:23	0.2	12:22	0.2	5:45	8:19	
24	Sun	7:13	4.4	7:33	5.2	1:14	0.1	1:13	0.2	5:46	8:18	
25	Mon	8:02	4.5	8:18	5.2	2:03	0.0	2:03	0.2	5:47	8:17	
26	Tue	8:48	4.6	9:01	5.1	2:50	-0.1	2:51	0.2	5:48	8:16	
27	Wed	9:33	4.6	9:42	5.0	3:33	-0.1	3:36	0.3	5:49	8:15	
28	Thu	10:16	4.5	10:23	4.8	4:13	0.0	4:18	0.4	5:50	8:14	
29	Fri	11:00	4.4	11:05	4.5	4:50	0.1	4:57	0.5	5:51	8:13	
30	Sat	11:44	4.4	11:47	4.3	5:25	0.3	5:37	0.7	5:52	8:12	
31	Sun			12:28	4.3	6:00	0.4	6:17	0.9	5:53	8:11	