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# Highlands, NJ - Jan 2044

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 8:20 | 4.4 | 8:47 | 3.5 | 2:10 | 0.2 | 2:56 | -0.2 | 7:18 | 4:39 | |
| 2 | Sat | 8:55 | 4.3 | 9:25 | 3.4 | 2:49 | 0.2 | 3:32 | -0.2 | 7:18 | 4:40 | |
| 3 | Sun | 9:30 | 4.2 | 10:03 | 3.5 | 3:27 | 0.2 | 4:07 | -0.2 | 7:18 | 4:41 | |
| 4 | Mon | 10:09 | 4.1 | 10:45 | 3.5 | 4:03 | 0.3 | 4:41 | -0.1 | 7:18 | 4:42 | |
| 5 | Tue | 10:52 | 4.0 | 11:32 | 3.6 | 4:42 | 0.4 | 5:17 | -0.1 | 7:18 | 4:43 | |
| 6 | Wed | 11:42 | 3.8 | | | 5:27 | 0.4 | 5:58 | 0.0 | 7:18 | 4:44 | |
| 7 | Thu | 12:22 | 3.8 | 12:37 | 3.7 | 6:27 | 0.5 | 6:49 | 0.0 | 7:18 | 4:45 | |
| 8 | Fri | 1:14 | 4.0 | 1:34 | 3.6 | 7:43 | 0.5 | 7:51 | 0.0 | 7:18 | 4:46 | |
| 9 | Sat | 2:10 | 4.2 | 2:36 | 3.5 | 8:59 | 0.4 | 8:57 | 0.0 | 7:18 | 4:47 | |
| 10 | Sun | 3:12 | 4.3 | 3:46 | 3.4 | 10:07 | 0.1 | 10:01 | -0.2 | 7:18 | 4:48 | |
| 11 | Mon | 4:20 | 4.5 | 4:57 | 3.6 | 11:08 | -0.2 | 11:02 | -0.4 | 7:18 | 4:49 | |
| 12 | Tue | 5:25 | 4.8 | 6:00 | 3.8 | | | 12:06 | -0.4 | 7:17 | 4:50 | |
| 13 | Wed | 6:24 | 5.0 | 6:57 | 4.0 | 12:01 | -0.5 | 1:01 | -0.7 | 7:17 | 4:51 | |
| 14 | Thu | 7:17 | 5.1 | 7:50 | 4.2 | 12:58 | -0.7 | 1:55 | -0.9 | 7:17 | 4:52 | |
| 15 | Fri | 8:08 | 5.1 | 8:42 | 4.3 | 1:54 | -0.7 | 2:45 | -1.0 | 7:16 | 4:53 | |
| 16 | Sat | 8:58 | 5.0 | 9:34 | 4.3 | 2:47 | -0.7 | 3:32 | -1.0 | 7:16 | 4:54 | |
| 17 | Sun | 9:48 | 4.8 | 10:25 | 4.2 | 3:37 | -0.6 | 4:16 | -0.9 | 7:15 | 4:55 | |
| 18 | Mon | 10:38 | 4.5 | 11:17 | 4.1 | 4:24 | -0.4 | 4:58 | -0.7 | 7:15 | 4:57 | |
| 19 | Tue | 11:28 | 4.1 | | | 5:11 | -0.1 | 5:41 | -0.4 | 7:14 | 4:58 | |
| 20 | Wed | 12:07 | 4.0 | 12:17 | 3.8 | 6:02 | 0.2 | 6:27 | -0.1 | 7:14 | 4:59 | |
| 21 | Thu | 12:55 | 3.9 | 1:05 | 3.5 | 6:59 | 0.4 | 7:16 | 0.2 | 7:13 | 5:00 | |
| 22 | Fri | 1:41 | 3.8 | 1:54 | 3.2 | 8:01 | 0.6 | 8:10 | 0.4 | 7:13 | 5:01 | |
| 23 | Sat | 2:29 | 3.7 | 2:46 | 3.0 | 9:03 | 0.6 | 9:05 | 0.5 | 7:12 | 5:02 | |
| 24 | Sun | 3:21 | 3.7 | 3:45 | 2.9 | 10:00 | 0.5 | 9:58 | 0.5 | 7:11 | 5:04 | |
| 25 | Mon | 4:18 | 3.7 | 4:47 | 2.9 | 10:52 | 0.4 | 10:49 | 0.4 | 7:11 | 5:05 | |
| 26 | Tue | 5:13 | 3.8 | 5:42 | 3.1 | 11:40 | 0.2 | 11:36 | 0.3 | 7:10 | 5:06 | |
| 27 | Wed | 6:02 | 4.0 | 6:28 | 3.2 | | | 12:25 | 0.1 | 7:09 | 5:07 | |
| 28 | Thu | 6:44 | 4.2 | 7:10 | 3.4 | 12:22 | 0.2 | 1:09 | -0.1 | 7:08 | 5:08 | |
| 29 | Fri | 7:23 | 4.3 | 7:48 | 3.5 | 1:07 | 0.1 | 1:51 | -0.3 | 7:07 | 5:10 | |
| 30 | Sat | 8:00 | 4.4 | 8:24 | 3.6 | 1:50 | 0.0 | 2:30 | -0.4 | 7:06 | 5:11 | |
| 31 | Sun | 8:35 | 4.4 | 9:00 | 3.7 | 2:32 | -0.1 | 3:06 | -0.5 | 7:06 | 5:12 | |