US HARBORS www.USHarbors.com

Highlands, NJ - Jul 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:58	3.9	5:27	4.7	11:14	0.4			5:29	8:30	
2	Thu	5:59	4.0	6:21	5.1	12:09	0.5	12:05	0.3	5:30	8:29	
3	Fri	6:55	4.2	7:13	5.4	1:01	0.2	12:57	0.1	5:30	8:29	
4	Sat	7:47	4.5	8:03	5.6	1:53	-0.1	1:50	-0.1	5:31	8:29	
5	Sun	8:38	4.6	8:52	5.7	2:46	-0.3	2:44	-0.2	5:32	8:29	
6	Mon	9:31	4.8	9:44	5.7	3:37	-0.5	3:38	-0.3	5:32	8:29	
7	Tue	10:25	4.8	10:38	5.6	4:26	-0.6	4:31	-0.3	5:33	8:28	
8	Wed	11:22	4.9	11:35	5.4	5:14	-0.6	5:23	-0.2	5:33	8:28	
9	Thu			12:20	4.9	6:04	-0.5	6:18	0.0	5:34	8:27	
10	Fri	12:33	5.1	1:18	4.9	6:56	-0.3	7:18	0.3	5:35	8:27	
11	Sat	1:30	4.8	2:13	4.9	7:52	-0.1	8:23	0.5	5:36	8:27	
12	Sun	2:26	4.6	3:07	4.9	8:51	0.1	9:29	0.6	5:36	8:26	
13	Mon	3:21	4.3	4:01	4.9	9:50	0.2	10:31	0.6	5:37	8:26	
14	Tue	4:18	4.1	4:57	4.8	10:45	0.3	11:28	0.5	5:38	8:25	
15	Wed	5:19	4.0	5:53	4.9	11:36	0.4			5:39	8:25	
16	Thu	6:16	4.0	6:43	4.9	12:19	0.4	12:24	0.4	5:39	8:24	
17	Fri	7:08	4.1	7:29	5.0	1:07	0.3	1:09	0.4	5:40	8:23	
18	Sat	7:54	4.1	8:11	5.0	1:53	0.2	1:55	0.5	5:41	8:23	
19	Sun	8:37	4.2	8:51	5.0	2:37	0.2	2:39	0.5	5:42	8:22	
20	Mon	9:18	4.2	9:30	4.9	3:19	0.1	3:22	0.5	5:43	8:21	
21	Tue	9:59	4.2	10:09	4.8	3:58	0.1	4:02	0.6	5:44	8:20	
22	Wed	10:39	4.1	10:47	4.6	4:35	0.2	4:41	0.7	5:44	8:20	
23	Thu	11:20	4.1	11:26	4.4	5:09	0.3	5:17	0.8	5:45	8:19	
24	Fri			12:01	4.1	5:43	0.4	5:54	0.9	5:46	8:18	
25	Sat	12:06	4.2	12:43	4.1	6:17	0.5	6:35	1.1	5:47	8:17	
26	Sun	12:49	4.1	1:24	4.1	6:54	0.6	7:26	1.2	5:48	8:16	
27	Mon	1:35	4.0	2:07	4.2	7:39	0.7	8:31	1.2	5:49	8:15	
28	Tue	2:24	3.9	2:54	4.4	8:35	0.7	9:40	1.1	5:50	8:14	
29	Wed	3:18	3.9	3:48	4.6	9:38	0.7	10:44	0.8	5:51	8:13	
30	Thu	4:21	3.9	4:49	4.8	10:39	0.5	11:42	0.5	5:52	8:12	
31	Fri	5:28	4.0	5:53	5.1	11:38	0.3			5:53	8:11	