US HARBORS www.USHarbors.com

Highlands, NJ - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:39	4.5	7:08	3.7	12:20	0.0	1:13	-0.2	7:18	4:39	
2	Sun	7:17	4.7	7:49	3.8	1:05	-0.1	1:58	-0.3	7:18	4:40	
3	Mon	7:56	4.8	8:31	3.8	1:49	-0.2	2:41	-0.5	7:18	4:41	
4	Tue	8:36	4.8	9:14	3.8	2:34	-0.3	3:23	-0.5	7:18	4:42	
5	Wed	9:19	4.7	10:02	3.9	3:18	-0.3	4:05	-0.6	7:18	4:43	
6	Thu	10:08	4.6	10:55	3.9	4:02	-0.3	4:47	-0.5	7:18	4:44	
7	Fri	11:02	4.5	11:51	4.0	4:50	-0.2	5:34	-0.4	7:18	4:45	
8	Sat			12:00	4.3	5:45	0.0	6:27	-0.3	7:18	4:46	
9	Sun	12:47	4.1	12:58	4.1	6:51	0.1	7:27	-0.2	7:18	4:47	
10	Mon	1:44	4.2	1:57	3.9	8:04	0.1	8:30	-0.2	7:18	4:48	
11	Tue	2:42	4.3	2:59	3.8	9:14	0.0	9:31	-0.3	7:18	4:49	
12	Wed	3:43	4.4	4:05	3.7	10:17	-0.1	10:29	-0.4	7:17	4:50	
13	Thu	4:45	4.6	5:10	3.8	11:15	-0.3	11:23	-0.5	7:17	4:51	
14	Fri	5:43	4.8	6:08	3.9			12:09	-0.5	7:17	4:52	
15	Sat	6:35	4.9	7:00	4.0	12:16	-0.5	1:01	-0.6	7:16	4:53	
16	Sun	7:23	4.9	7:49	4.0	1:07	-0.5	1:51	-0.7	7:16	4:54	
17	Mon	8:08	4.9	8:35	4.0	1:57	-0.5	2:37	-0.7	7:15	4:55	
18	Tue	8:53	4.7	9:21	3.9	2:43	-0.4	3:20	-0.7	7:15	4:57	
19	Wed	9:37	4.5	10:07	3.8	3:27	-0.3	4:00	-0.5	7:14	4:58	
20	Thu	10:22	4.2	10:54	3.7	4:08	-0.1	4:38	-0.4	7:14	4:59	
21	Fri	11:07	4.0	11:40	3.6	4:49	0.1	5:15	-0.1	7:13	5:00	
22	Sat	11:53	3.7			5:32	0.4	5:55	0.1	7:13	5:01	
23	Sun	12:26	3.5	12:39	3.5	6:21	0.6	6:39	0.3	7:12	5:02	
24	Mon	1:11	3.5	1:26	3.3	7:20	0.7	7:31	0.4	7:11	5:04	
25	Tue	1:55	3.5	2:14	3.1	8:25	0.8	8:27	0.4	7:10	5:05	
26	Wed	2:42	3.5	3:08	3.1	9:26	0.7	9:22	0.4	7:10	5:06	
27	Thu	3:35	3.6	4:08	3.1	10:21	0.5	10:15	0.3	7:09	5:07	
28	Fri	4:32	3.8	5:06	3.2	11:11	0.2	11:04	0.1	7:08	5:08	
29	Sat	5:24	4.1	5:58	3.4	11:59	0.0	11:52	-0.1	7:07	5:10	
30	Sun	6:11	4.4	6:43	3.6			12:46	-0.3	7:06	5:11	
31	Mon	6:55	4.6	7:27	3.9	12:41	-0.3	1:33	-0.5	7:05	5:12	