US HARBORS www.USHarbors.com

Highlands, NJ - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:14	4.3	5:56	-0.1	6:07	0.6	5:30	8:30	
2	Sun	12:26	4.7	1:06	4.3	6:41	0.2	6:58	0.9	5:30	8:29	
3	Mon	1:17	4.4	1:55	4.2	7:28	0.4	7:55	1.1	5:31	8:29	
4	Tue	2:05	4.2	2:41	4.2	8:18	0.6	8:56	1.2	5:31	8:29	
5	Wed	2:52	4.0	3:27	4.2	9:09	0.7	9:55	1.1	5:32	8:29	
6	Thu	3:41	3.8	4:15	4.3	9:58	0.7	10:50	1.0	5:33	8:28	
7	Fri	4:34	3.7	5:05	4.4	10:46	0.7	11:39	0.9	5:33	8:28	
8	Sat	5:30	3.7	5:55	4.5	11:32	0.7			5:34	8:28	
9	Sun	6:23	3.8	6:41	4.7	12:26	0.7	12:17	0.6	5:35	8:27	
10	Mon	7:11	3.9	7:23	4.8	1:12	0.5	1:01	0.6	5:35	8:27	
11	Tue	7:55	4.0	8:03	4.9	1:57	0.4	1:46	0.5	5:36	8:26	
12	Wed	8:37	4.1	8:40	5.0	2:42	0.2	2:32	0.5	5:37	8:26	
13	Thu	9:18	4.1	9:19	5.1	3:26	0.1	3:17	0.4	5:37	8:25	
14	Fri	10:00	4.2	9:59	5.1	4:07	0.0	4:01	0.4	5:38	8:25	
15	Sat	10:44	4.2	10:43	5.0	4:47	0.0	4:44	0.4	5:39	8:24	
16	Sun	11:32	4.3	11:33	4.9	5:26	0.0	5:29	0.4	5:40	8:24	
17	Mon			12:24	4.4	6:08	0.0	6:18	0.5	5:41	8:23	
18	Tue	12:27	4.7	1:18	4.6	6:54	0.1	7:17	0.6	5:41	8:22	
19	Wed	1:24	4.6	2:11	4.7	7:48	0.2	8:25	0.6	5:42	8:22	
20	Thu	2:21	4.4	3:06	4.9	8:48	0.2	9:36	0.6	5:43	8:21	
21	Fri	3:20	4.3	4:04	5.0	9:51	0.2	10:42	0.4	5:44	8:20	
22	Sat	4:24	4.2	5:07	5.1	10:51	0.2	11:43	0.2	5:45	8:19	
23	Sun	5:32	4.2	6:08	5.3	11:49	0.1			5:46	8:18	
24	Mon	6:36	4.3	7:05	5.4	12:39	0.0	12:45	0.0	5:47	8:18	
25	Tue	7:33	4.5	7:56	5.5	1:33	-0.1	1:39	0.0	5:47	8:17	
26	Wed	8:25	4.6	8:45	5.5	2:26	-0.2	2:32	0.0	5:48	8:16	
27	Thu	9:14	4.6	9:32	5.4	3:16	-0.3	3:23	0.1	5:49	8:15	
28	Fri	10:03	4.6	10:19	5.2	4:02	-0.3	4:11	0.2	5:50	8:14	
29	Sat	10:51	4.5	11:05	4.9	4:44	-0.2	4:55	0.4	5:51	8:13	
30	Sun	11:39	4.4	11:52	4.6	5:24	0.0	5:38	0.6	5:52	8:12	
31	Mon			12:27	4.3	6:03	0.2	6:23	0.8	5:53	8:11	