US HARBORS www.USHarbors.com

Highlands, NJ - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:35	4.0	8:41	4.9	2:39	0.3	2:26	0.6	5:30	8:30	
2	Mon	9:16	4.0	9:17	4.8	3:21	0.3	3:09	0.6	5:30	8:29	
3	Tue	9:57	3.9	9:52	4.7	4:01	0.2	3:50	0.6	5:31	8:29	
4	Wed	10:38	3.9	10:27	4.7	4:39	0.3	4:29	0.7	5:31	8:29	
5	Thu	11:20	3.9	11:06	4.6	5:15	0.3	5:06	0.8	5:32	8:29	
6	Fri			12:03	3.9	5:50	0.4	5:45	0.8	5:32	8:28	
7	Sat			12:49	4.0	6:27	0.4	6:30	0.9	5:33	8:28	
8	Sun	12:39	4.4	1:36	4.2	7:09	0.5	7:28	1.0	5:34	8:28	
9	Mon	1:32	4.3	2:25	4.4	8:00	0.5	8:38	0.9	5:34	8:27	
10	Tue	2:28	4.2	3:16	4.7	8:59	0.4	9:49	0.8	5:35	8:27	
11	Wed	3:27	4.1	4:14	4.9	10:00	0.3	10:55	0.5	5:36	8:27	
12	Thu	4:33	4.1	5:17	5.2	11:00	0.2	11:55	0.2	5:37	8:26	
13	Fri	5:42	4.2	6:18	5.4	11:58	0.0			5:37	8:26	
14	Sat	6:46	4.4	7:16	5.7	12:53	-0.1	12:55	-0.1	5:38	8:25	
15	Sun	7:45	4.5	8:10	5.8	1:49	-0.3	1:52	-0.2	5:39	8:24	
16	Mon	8:40	4.7	9:02	5.8	2:44	-0.5	2:50	-0.2	5:40	8:24	
17	Tue	9:35	4.8	9:55	5.7	3:37	-0.6	3:45	-0.2	5:40	8:23	
18	Wed	10:29	4.8	10:48	5.4	4:27	-0.6	4:37	-0.1	5:41	8:22	
19	Thu	11:25	4.7	11:41	5.1	5:14	-0.5	5:27	0.1	5:42	8:22	
20	Fri			12:20	4.6	6:00	-0.3	6:18	0.4	5:43	8:21	
21	Sat	12:35	4.8	1:13	4.6	6:47	0.0	7:13	0.7	5:44	8:20	
22	Sun	1:27	4.5	2:03	4.5	7:36	0.3	8:13	0.9	5:45	8:19	
23	Mon	2:16	4.2	2:50	4.4	8:27	0.5	9:15	1.0	5:45	8:19	
24	Tue	3:05	4.0	3:37	4.4	9:19	0.7	10:14	1.0	5:46	8:18	
25	Wed	3:57	3.8	4:27	4.4	10:10	0.8	11:08	0.9	5:47	8:17	
26	Thu	4:52	3.7	5:19	4.4	10:59	0.8	11:57	0.8	5:48	8:16	
27	Fri	5:49	3.7	6:11	4.5	11:46	0.8			5:49	8:15	
28	Sat	6:41	3.8	6:57	4.7	12:43	0.7	12:31	0.7	5:50	8:14	
29	Sun	7:28	3.9	7:39	4.8	1:27	0.5	1:17	0.7	5:51	8:13	
30	Mon	8:11	4.0	8:18	4.9	2:11	0.4	2:02	0.6	5:52	8:12	
31	Tue	8:52	4.1	8:54	4.9	2:54	0.3	2:46	0.6	5:53	8:11	