US HARBORS www.USHarbors.com

North Highlands Beach, NJ - Jul 1776

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**8:09**	4.8	**8:31**	6.6	**2:12**	0.0	**2:05**	-0.1	4:41	7:33	
2	Tue	**8:58**	4.9	**9:19**	6.7	**2:58**	-0.2	**2:52**	-0.2	4:41	7:32	
3	Wed	**9:47**	5.1	**10:08**	6.7	**3:44**	-0.3	**3:41**	-0.2	4:42	7:32	
4	Thu	**10:39**	5.2	**10:59**	6.6	**4:32**	-0.3	**4:33**	-0.1	4:43	7:32	
5	Fri	**11:33**	5.3	**11:52**	6.3	**5:23**	-0.3	**5:30**	0.0	4:43	7:32	
6	Sat			**12:29**	5.4	**6:17**	-0.2	**6:31**	0.2	4:44	7:32	
7	Sun	**12:47**	6.0	**1:26**	5.5	**7:11**	-0.2	**7:35**	0.3	4:44	7:31	
8	Mon	**1:45**	5.7	**2:28**	5.6	**8:06**	-0.1	**8:41**	0.5	4:45	7:31	
9	Tue	**2:48**	5.3	**3:32**	5.8	**9:02**	0.0	**9:49**	0.5	4:46	7:31	
10	Wed	**3:54**	5.0	**4:33**	6.0	**9:58**	0.1	**10:56**	0.5	4:46	7:30	
11	Thu	**4:56**	4.9	**5:30**	6.1	**10:54**	0.1	**11:58**	0.4	4:47	7:30	
12	Fri	**5:54**	4.8	**6:23**	6.3	**11:49**	0.1			4:48	7:29	
13	Sat	**6:48**	4.8	**7:12**	6.3	**12:56**	0.3	**12:40**	0.1	4:48	7:29	
14	Sun	**7:38**	4.8	**7:59**	6.3	**1:47**	0.2	**1:29**	0.1	4:49	7:28	
15	Mon	**8:25**	4.8	**8:41**	6.3	**2:32**	0.2	**2:15**	0.2	4:50	7:28	
16	Tue	**9:08**	4.8	**9:21**	6.2	**3:12**	0.2	**2:57**	0.3	4:51	7:27	
17	Wed	**9:48**	4.8	**10:00**	6.0	**3:51**	0.3	**3:38**	0.4	4:51	7:27	
18	Thu	**10:29**	4.8	**10:38**	5.8	**4:28**	0.4	**4:19**	0.6	4:52	7:26	
19	Fri	**11:09**	4.8	**11:17**	5.6	**5:07**	0.5	**5:02**	0.8	4:53	7:25	
20	Sat	**11:50**	4.8	**11:57**	5.4	**5:46**	0.6	**5:48**	0.9	4:54	7:25	
21	Sun			**12:32**	4.8	**6:26**	0.7	**6:36**	1.1	4:55	7:24	
22	Mon	**12:38**	5.1	**1:16**	4.9	**7:07**	0.8	**7:25**	1.2	4:55	7:23	
23	Tue	**1:22**	4.8	**2:04**	5.0	**7:49**	0.9	**8:18**	1.3	4:56	7:22	
24	Wed	**2:11**	4.6	**2:56**	5.1	**8:34**	0.9	**9:14**	1.3	4:57	7:22	
25	Thu	**3:07**	4.5	**3:52**	5.3	**9:22**	0.8	**10:12**	1.2	4:58	7:21	
26	Fri	**4:06**	4.4	**4:46**	5.6	**10:14**	0.7	**11:09**	1.0	4:59	7:20	
27	Sat	**5:03**	4.5	**5:37**	6.0	**11:06**	0.6			5:00	7:19	
28	Sun	**5:58**	4.6	**6:29**	6.3	**12:04**	0.7	**11:59 AM**	0.3	5:00	7:18	
29	Mon	**6:52**	4.9	**7:20**	6.6	**12:57**	0.4	**12:52**	0.1	5:01	7:17	
30	Tue	**7:45**	5.1	**8:10**	6.9	**1:47**	0.1	**1:44**	-0.2	5:02	7:16	
31	Wed	**8:37**	5.4	**9:00**	7.0	**2:35**	-0.2	**2:35**	-0.3	5:03	7:15	