US HARBORS www.USHarbors.com

North Highlands Beach, NJ - Jul 1780

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:30**	4.6	**7:52**	6.6	**1:39**	0.3	**1:24**	0.0	4:41	7:33	
2	Sun	**8:23**	4.7	**8:43**	6.8	**2:28**	0.0	**2:14**	-0.2	4:41	7:32	
3	Mon	**9:15**	4.8	**9:34**	6.8	**3:16**	-0.2	**3:05**	-0.2	4:42	7:32	
4	Tue	**10:08**	5.0	**10:26**	6.8	**4:05**	-0.2	**3:58**	-0.2	4:43	7:32	
5	Wed	**11:03**	5.1	**11:20**	6.5	**4:56**	-0.2	**4:54**	-0.1	4:43	7:32	
6	Thu	**11:59**	5.2			**5:50**	-0.2	**5:54**	0.1	4:44	7:32	
7	Fri	**12:15**	6.2	**12:55**	5.4	**6:43**	-0.1	**6:57**	0.3	4:44	7:31	
8	Sat	**1:11**	5.8	**1:54**	5.5	**7:37**	0.0	**8:03**	0.5	4:45	7:31	
9	Sun	**2:10**	5.3	**2:55**	5.7	**8:30**	0.1	**9:10**	0.6	4:46	7:31	
10	Mon	**3:13**	5.0	**3:57**	5.8	**9:25**	0.2	**10:18**	0.6	4:46	7:30	
11	Tue	**4:18**	4.7	**4:55**	6.0	**10:19**	0.3	**11:23**	0.6	4:47	7:30	
12	Wed	**5:17**	4.5	**5:48**	6.1	**11:12**	0.4			4:48	7:29	
13	Thu	**6:12**	4.4	**6:38**	6.2	**12:22**	0.6	**12:04**	0.4	4:48	7:29	
14	Fri	**7:03**	4.4	**7:25**	6.2	**1:16**	0.5	**12:54**	0.4	4:49	7:28	
15	Sat	**7:51**	4.4	**8:09**	6.2	**2:03**	0.5	**1:40**	0.4	4:50	7:28	
16	Sun	**8:34**	4.5	**8:49**	6.2	**2:44**	0.4	**2:23**	0.5	4:51	7:27	
17	Mon	**9:14**	4.5	**9:28**	6.1	**3:22**	0.4	**3:03**	0.5	4:51	7:27	
18	Tue	**9:52**	4.6	**10:06**	5.9	**3:58**	0.5	**3:43**	0.6	4:52	7:26	
19	Wed	**10:31**	4.6	**10:43**	5.8	**4:33**	0.6	**4:23**	0.7	4:53	7:25	
20	Thu	**11:10**	4.6	**11:22**	5.5	**5:10**	0.6	**5:05**	0.9	4:54	7:25	
21	Fri	**11:50**	4.7			**5:47**	0.7	**5:50**	1.1	4:55	7:24	
22	Sat	**12:01**	5.3	**12:30**	4.8	**6:25**	0.8	**6:38**	1.2	4:55	7:23	
23	Sun	**12:41**	5.0	**1:13**	4.9	**7:04**	0.8	**7:28**	1.3	4:56	7:22	
24	Mon	**1:25**	4.7	**2:00**	5.0	**7:46**	0.8	**8:22**	1.3	4:57	7:22	
25	Tue	**2:14**	4.5	**2:54**	5.2	**8:31**	0.8	**9:21**	1.3	4:58	7:21	
26	Wed	**3:11**	4.3	**3:51**	5.5	**9:21**	0.8	**10:22**	1.2	4:59	7:20	
27	Thu	**4:13**	4.3	**4:48**	5.8	**10:15**	0.7	**11:22**	1.0	5:00	7:19	
28	Fri	**5:13**	4.3	**5:44**	6.2	**11:10**	0.5			5:01	7:18	
29	Sat	**6:11**	4.5	**6:39**	6.5	**12:21**	0.7	**12:07**	0.2	5:01	7:17	
30	Sun	**7:09**	4.8	**7:33**	6.8	**1:16**	0.3	**1:03**	0.0	5:02	7:16	
31	Mon	**8:04**	5.0	**8:27**	7.0	**2:08**	0.0	**1:58**	-0.2	5:03	7:15	