

































## North Highlands Beach, NJ - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:07	4.5	4:21	3.9	10:30	0.7	10:27	0.3	7:18	4:47	
2	Fri	4:57	4.7	5:12	3.8	11:28	0.6	11:12	0.3	7:18	4:48	
3	Sat	5:42	4.9	5:59	3.7			12:19	0.5	7:18	4:49	
4	Sun	6:24	5.1	6:44	3.7			1:06	0.3	7:18	4:50	
5	Mon	7:05	5.3	7:27	3.8	12:37	0.1	1:47	0.1	7:18	4:51	
6	Tue	7:45	5.4	8:08	3.8	1:18	0.0	2:24	0.0	7:18	4:52	
7	Wed	8:24	5.5	8:47	3.9	1:57	-0.1	2:59	-0.1	7:18	4:52	
8	Thu	9:02	5.6	9:25	3.9	2:35	-0.2	3:33	-0.1	7:18	4:53	
9	Fri	9:39	5.6	10:04	4.0	3:13	-0.3	4:07	-0.1	7:18	4:54	
10	Sat	10:17	5.5	10:44	4.0	3:53	-0.2	4:44	-0.2	7:18	4:55	
11	Sun	10:57	5.3	11:27	4.2	4:35	-0.2	5:24	-0.2	7:18	4:56	
12	Mon	11:39	5.1			5:23	-0.1	6:07	-0.2	7:18	4:57	
13	Tue	12:12	4.3	12:24	4.9	6:16	0.0	6:53	-0.2	7:17	4:58	
14	Wed	1:02	4.5	1:14	4.6	7:14	0.1	7:42	-0.2	7:17	4:59	
15	Thu	1:58	4.7	2:11	4.2	8:16	0.2	8:35	-0.3	7:17	5:00	
16	Fri	3:00	4.9	3:18	4.0	9:23	0.1	9:33	-0.3	7:16	5:02	
17	Sat	4:06	5.3	4:29	3.9	10:33	0.0	10:33	-0.4	7:16	5:03	
18	Sun	5:10	5.6	5:35	3.9	11:40	-0.2	11:34	-0.6	7:16	5:04	
19	Mon	6:10	5.9	6:37	4.1			12:43	-0.5	7:15	5:05	
20	Tue	7:08	6.2	7:36	4.2	12:33	-0.8	1:41	-0.7	7:15	5:06	
21	Wed	8:03	6.3	8:30	4.4	1:30	-0.9	2:34	-0.9	7:14	5:07	
22	Thu	8:54	6.3	9:21	4.5	2:24	-1.0	3:21	-0.9	7:13	5:08	
23	Fri	9:44	6.2	10:10	4.6	3:15	-1.0	4:07	-0.8	7:13	5:09	
24	Sat	10:31	5.9	10:58	4.6	4:05	-0.8	4:53	-0.7	7:12	5:10	
25	Sun	11:17	5.4	11:46	4.6	4:56	-0.5	5:38	-0.5	7:12	5:12	
26	Mon			12:03	5.0	5:50	-0.2	6:24	-0.3	7:11	5:13	
27	Tue	12:33	4.5	12:48	4.5	6:45	0.1	7:09	0.0	7:10	5:14	
28	Wed	1:21	4.4	1:36	4.1	7:41	0.4	7:55	0.2	7:09	5:15	
29	Thu	2:13	4.3	2:29	3.7	8:41	0.7	8:43	0.3	7:09	5:16	
30	Fri	3:10	4.3	3:30	3.4	9:45	0.8	9:34	0.4	7:08	5:17	
31	Sat	4:08	4.4	4:31	3.3	10:49	0.7	10:26	0.5	7:07	5:19	