














## North Highlands Beach, NJ - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:09	5.2	4:54	5.5	10:29	0.3	11:06	0.6	5:35	8:19	
2	Tue	5:13	4.9	5:51	5.7	11:22	0.3			5:35	8:20	
3	Wed	6:10	4.7	6:42	5.9	12:10	0.6	12:12	0.3	5:35	8:21	
4	Thu	7:02	4.6	7:29	6.0	1:08	0.5	1:00	0.4	5:34	8:21	
5	Fri	7:51	4.5	8:13	6.1	2:01	0.5	1:45	0.4	5:34	8:22	
6	Sat	8:36	4.4	8:54	6.1	2:48	0.4	2:28	0.4	5:34	8:22	
7	Sun	9:18	4.4	9:34	6.1	3:30	0.4	3:09	0.4	5:33	8:23	
8	Mon	9:58	4.4	10:12	6.0	4:08	0.4	3:47	0.5	5:33	8:24	
9	Tue	10:37	4.4	10:50	5.9	4:44	0.4	4:25	0.6	5:33	8:24	
10	Wed	11:16	4.3	11:28	5.8	5:21	0.5	5:04	0.7	5:33	8:25	
11	Thu	11:56	4.3			5:59	0.6	5:45	0.8	5:33	8:25	
12	Fri	12:08	5.6	12:37	4.4	6:38	0.7	6:30	1.0	5:33	8:26	
13	Sat	12:48	5.4	1:20	4.4	7:19	0.7	7:18	1.1	5:33	8:26	
14	Sun	1:30	5.2	2:04	4.5	8:00	0.7	8:09	1.1	5:33	8:26	
15	Mon	2:14	5.0	2:51	4.7	8:42	0.7	9:03	1.2	5:33	8:27	
16	Tue	3:02	4.8	3:43	5.0	9:26	0.6	10:01	1.1	5:33	8:27	
17	Wed	3:57	4.6	4:39	5.3	10:14	0.5	11:02	1.0	5:33	8:27	
18	Thu	4:56	4.5	5:35	5.7	11:05	0.4			5:33	8:28	
19	Fri	5:56	4.5	6:29	6.1	12:02	0.7	11:58 AM	0.2	5:33	8:28	
20	Sat	6:53	4.5	7:23	6.5	1:02	0.5	12:53	0.0	5:34	8:28	
21	Sun	7:51	4.7	8:18	6.8	2:00	0.2	1:48	-0.2	5:34	8:29	
22	Mon	8:49	4.8	9:13	7.0	2:55	-0.1	2:43	-0.4	5:34	8:29	
23	Tue	9:45	5.0	10:07	7.0	3:47	-0.3	3:37	-0.5	5:34	8:29	
24	Wed	10:40	5.1	11:00	6.9	4:38	-0.4	4:31	-0.4	5:35	8:29	
25	Thu	11:36	5.2	11:55	6.7	5:30	-0.4	5:27	-0.3	5:35	8:29	
26	Fri			12:32	5.4	6:22	-0.3	6:26	-0.1	5:35	8:29	
27	Sat	12:49	6.3	1:28	5.4	7:16	-0.2	7:29	0.2	5:36	8:29	
28	Sun	1:44	5.8	2:25	5.5	8:09	0.0	8:33	0.4	5:36	8:29	
29	Mon	2:40	5.4	3:23	5.5	9:02	0.1	9:38	0.7	5:37	8:29	
30	Tue	3:39	4.9	4:24	5.6	9:54	0.3	10:45	0.8	5:37	8:29	