































## North Highlands Beach, NJ - Jan 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:24	4.2	1:31	4.3	7:30	0.7	8:05	0.3	7:18	4:47	
2	Sat	2:16	4.2	2:23	4.1	8:26	0.8	8:52	0.4	7:18	4:48	
3	Sun	3:12	4.2	3:21	3.9	9:25	0.8	9:41	0.4	7:18	4:49	
4	Mon	4:07	4.4	4:19	3.8	10:24	0.7	10:29	0.3	7:18	4:50	
5	Tue	4:58	4.7	5:12	3.9	11:19	0.6	11:16	0.1	7:18	4:51	
6	Wed	5:45	5.0	6:01	3.9			12:09	0.3	7:18	4:52	
7	Thu	6:29	5.3	6:47	4.1	12:02	-0.1	12:55	0.1	7:18	4:53	
8	Fri	7:13	5.6	7:33	4.2	12:46	-0.3	1:39	-0.2	7:18	4:53	
9	Sat	7:56	5.8	8:17	4.4	1:31	-0.5	2:20	-0.5	7:18	4:54	
10	Sun	8:39	6.0	9:01	4.5	2:14	-0.7	3:01	-0.7	7:18	4:55	
11	Mon	9:22	6.0	9:45	4.6	2:58	-0.8	3:42	-0.8	7:18	4:56	
12	Tue	10:06	6.0	10:32	4.7	3:43	-0.8	4:26	-0.9	7:18	4:57	
13	Wed	10:53	5.8	11:22	4.8	4:32	-0.8	5:14	-0.9	7:17	4:58	
14	Thu	11:43	5.5			5:25	-0.6	6:04	-0.8	7:17	4:59	
15	Fri	12:15	4.9	12:35	5.2	6:23	-0.4	6:57	-0.7	7:17	5:01	
16	Sat	1:12	4.9	1:33	4.8	7:26	-0.2	7:53	-0.6	7:16	5:02	
17	Sun	2:14	5.0	2:37	4.5	8:32	-0.1	8:51	-0.5	7:16	5:03	
18	Mon	3:22	5.1	3:48	4.3	9:42	0.0	9:52	-0.5	7:15	5:04	
19	Tue	4:29	5.3	4:55	4.2	10:52	-0.1	10:53	-0.5	7:15	5:05	
20	Wed	5:30	5.5	5:55	4.3	11:57	-0.3	11:51	-0.6	7:14	5:06	
21	Thu	6:26	5.7	6:51	4.4			12:56	-0.4	7:14	5:07	
22	Fri	7:18	5.8	7:42	4.5	12:46	-0.7	1:47	-0.6	7:13	5:08	
23	Sat	8:05	5.9	8:29	4.5	1:37	-0.8	2:32	-0.7	7:13	5:09	
24	Sun	8:49	5.8	9:12	4.6	2:24	-0.8	3:13	-0.7	7:12	5:11	
25	Mon	9:29	5.6	9:53	4.6	3:07	-0.7	3:52	-0.6	7:11	5:12	
26	Tue	10:07	5.4	10:33	4.5	3:48	-0.6	4:29	-0.5	7:11	5:13	
27	Wed	10:45	5.2	11:13	4.4	4:30	-0.3	5:08	-0.3	7:10	5:14	
28	Thu	11:24	4.9	11:54	4.4	5:13	-0.1	5:48	-0.1	7:09	5:15	
29	Fri			12:04	4.5	5:58	0.2	6:29	0.1	7:08	5:16	
30	Sat	12:36	4.3	12:46	4.2	6:47	0.4	7:11	0.2	7:08	5:17	
31	Sun	1:22	4.2	1:32	3.9	7:38	0.6	7:57	0.3	7:07	5:19	