

































North Highlands Beach, NJ - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:07	5.3	5:27	4.2	11:28	0.1	11:29	-0.3	7:18	4:48	
2	Wed	5:59	5.4	6:19	4.2			12:25	0.0	7:18	4:48	
3	Thu	6:46	5.6	7:07	4.1	12:18	-0.3	1:16	-0.1	7:18	4:49	
4	Fri	7:29	5.6	7:50	4.1	1:03	-0.3	2:01	-0.2	7:18	4:50	
5	Sat	8:10	5.7	8:31	4.1	1:45	-0.3	2:40	-0.3	7:18	4:51	
6	Sun	8:48	5.6	9:08	4.1	2:24	-0.3	3:16	-0.3	7:18	4:52	
7	Mon	9:25	5.5	9:46	4.0	3:02	-0.3	3:51	-0.2	7:18	4:53	
8	Tue	10:01	5.4	10:23	4.0	3:39	-0.2	4:27	-0.1	7:18	4:54	
9	Wed	10:39	5.2	11:02	4.0	4:17	0.0	5:04	0.0	7:18	4:55	
10	Thu	11:17	5.0	11:43	4.0	4:58	0.2	5:43	0.1	7:18	4:56	
11	Fri	11:57	4.8			5:42	0.3	6:24	0.1	7:18	4:57	
12	Sat	12:25	4.0	12:39	4.5	6:30	0.5	7:06	0.2	7:18	4:58	
13	Sun	1:11	4.0	1:25	4.3	7:22	0.6	7:51	0.2	7:17	4:59	
14	Mon	2:01	4.2	2:17	4.0	8:18	0.6	8:39	0.1	7:17	5:00	
15	Tue	2:59	4.4	3:17	3.9	9:19	0.6	9:31	0.0	7:17	5:01	
16	Wed	3:58	4.7	4:20	3.9	10:21	0.4	10:26	-0.2	7:16	5:02	
17	Thu	4:56	5.1	5:19	4.0	11:22	0.1	11:21	-0.4	7:16	5:03	
18	Fri	5:51	5.5	6:16	4.2			12:21	-0.3	7:15	5:04	
19	Sat	6:44	5.9	7:12	4.4	12:16	-0.7	1:16	-0.6	7:15	5:05	
20	Sun	7:38	6.3	8:06	4.6	1:10	-1.0	2:08	-0.9	7:14	5:06	
21	Mon	8:30	6.5	8:59	4.8	2:03	-1.2	2:58	-1.2	7:14	5:07	
22	Tue	9:21	6.5	9:51	5.0	2:55	-1.4	3:46	-1.3	7:13	5:09	
23	Wed	10:13	6.4	10:44	5.0	3:47	-1.3	4:36	-1.2	7:13	5:10	
24	Thu	11:05	6.0	11:39	5.0	4:41	-1.1	5:28	-1.0	7:12	5:11	
25	Fri	11:59	5.6			5:39	-0.8	6:21	-0.8	7:11	5:12	
26	Sat	12:34	5.0	12:54	5.1	6:41	-0.5	7:15	-0.6	7:11	5:13	
27	Sun	1:32	4.9	1:52	4.6	7:45	-0.2	8:11	-0.4	7:10	5:14	
28	Mon	2:35	4.9	2:56	4.2	8:52	0.1	9:08	-0.2	7:09	5:15	
29	Tue	3:40	4.9	4:03	3.9	10:02	0.2	10:06	0.0	7:08	5:17	
30	Wed	4:41	5.0	5:05	3.8	11:09	0.2	11:03	0.0	7:07	5:18	
31	Thu	5:36	5.1	5:59	3.8			12:08	0.2	7:07	5:19	