

































## North Highlands Beach, NJ - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:10	4.7	8:32	6.5	2:16	0.3	2:06	0.0	5:37	8:29	
2	Tue	9:01	4.8	9:21	6.7	3:05	0.0	2:55	-0.2	5:38	8:29	
3	Wed	9:52	5.0	10:11	6.8	3:53	-0.2	3:45	-0.3	5:38	8:29	
4	Thu	10:44	5.1	11:01	6.8	4:40	-0.3	4:35	-0.3	5:39	8:29	
5	Fri	11:37	5.2	11:54	6.7	5:30	-0.3	5:28	-0.2	5:39	8:28	
6	Sat			12:32	5.3	6:22	-0.3	6:26	-0.1	5:40	8:28	
7	Sun	12:48	6.4	1:28	5.4	7:17	-0.2	7:27	0.1	5:41	8:28	
8	Mon	1:44	6.1	2:26	5.5	8:11	-0.1	8:31	0.3	5:41	8:28	
9	Tue	2:42	5.7	3:27	5.6	9:06	0.0	9:37	0.5	5:42	8:27	
10	Wed	3:45	5.3	4:31	5.7	10:02	0.1	10:45	0.6	5:42	8:27	
11	Thu	4:50	5.0	5:31	5.9	10:58	0.2	11:51	0.6	5:43	8:27	
12	Fri	5:52	4.8	6:27	6.1	11:53	0.2			5:44	8:26	
13	Sat	6:49	4.7	7:18	6.2	12:53	0.5	12:46	0.3	5:45	8:26	
14	Sun	7:42	4.6	8:07	6.3	1:50	0.4	1:36	0.3	5:45	8:25	
15	Mon	8:32	4.6	8:52	6.3	2:40	0.4	2:24	0.3	5:46	8:25	
16	Tue	9:17	4.6	9:34	6.2	3:25	0.3	3:08	0.3	5:47	8:24	
17	Wed	9:58	4.7	10:13	6.2	4:04	0.3	3:49	0.4	5:47	8:24	
18	Thu	10:38	4.7	10:51	6.0	4:41	0.3	4:29	0.5	5:48	8:23	
19	Fri	11:16	4.7	11:29	5.9	5:17	0.4	5:08	0.6	5:49	8:22	
20	Sat	11:56	4.7			5:54	0.5	5:50	0.8	5:50	8:22	
21	Sun	12:08	5.7	12:36	4.7	6:33	0.6	6:34	1.0	5:51	8:21	
22	Mon	12:47	5.4	1:17	4.8	7:12	0.7	7:21	1.1	5:51	8:20	
23	Tue	1:28	5.2	1:59	4.8	7:52	0.8	8:10	1.2	5:52	8:19	
24	Wed	2:11	4.9	2:45	4.9	8:34	0.8	9:02	1.3	5:53	8:19	
25	Thu	2:58	4.7	3:36	5.1	9:18	0.8	9:58	1.3	5:54	8:18	
26	Fri	3:52	4.5	4:32	5.3	10:06	0.8	10:57	1.2	5:55	8:17	
27	Sat	4:52	4.4	5:29	5.6	10:58	0.7	11:56	1.0	5:56	8:16	
28	Sun	5:51	4.5	6:23	6.0	11:52	0.5			5:56	8:15	
29	Mon	6:48	4.6	7:16	6.4	12:54	0.7	12:47	0.3	5:57	8:14	
30	Tue	7:44	4.8	8:09	6.7	1:49	0.4	1:41	0.0	5:58	8:13	
31	Wed	8:39	5.1	9:02	6.9	2:42	0.1	2:36	-0.2	5:59	8:12	