

































North Highlands Beach, NJ - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:39	3.9	12:51	4.6	6:41	0.6	7:24	0.4	7:18	4:47	
2	Thu	1:26	3.9	1:38	4.3	7:34	0.8	8:09	0.4	7:18	4:48	
3	Fri	2:18	4.0	2:31	4.1	8:31	0.9	8:55	0.4	7:18	4:49	
4	Sat	3:14	4.1	3:28	3.9	9:30	0.9	9:42	0.4	7:18	4:50	
5	Sun	4:09	4.4	4:25	3.8	10:29	0.7	10:30	0.3	7:18	4:51	
6	Mon	4:59	4.7	5:18	3.8	11:25	0.5	11:17	0.1	7:18	4:52	
7	Tue	5:46	5.1	6:07	3.9			12:17	0.3	7:18	4:53	
8	Wed	6:32	5.4	6:56	4.0	12:04	-0.1	1:05	0.0	7:18	4:53	
9	Thu	7:18	5.7	7:44	4.1	12:51	-0.4	1:51	-0.3	7:18	4:54	
10	Fri	8:04	6.0	8:31	4.3	1:37	-0.6	2:35	-0.6	7:18	4:55	
11	Sat	8:50	6.2	9:18	4.4	2:24	-0.8	3:19	-0.8	7:18	4:56	
12	Sun	9:37	6.2	10:06	4.5	3:11	-0.9	4:04	-0.8	7:18	4:57	
13	Mon	10:25	6.1	10:57	4.6	4:00	-0.9	4:51	-0.9	7:17	4:58	
14	Tue	11:15	5.9	11:50	4.7	4:52	-0.8	5:42	-0.8	7:17	5:00	
15	Wed			12:08	5.5	5:50	-0.6	6:34	-0.7	7:17	5:01	
16	Thu	12:46	4.8	1:03	5.1	6:51	-0.4	7:28	-0.6	7:16	5:02	
17	Fri	1:45	4.9	2:03	4.7	7:56	-0.2	8:24	-0.5	7:16	5:03	
18	Sat	2:50	5.0	3:11	4.3	9:05	0.0	9:22	-0.4	7:15	5:04	
19	Sun	3:56	5.1	4:19	4.1	10:16	0.0	10:21	-0.3	7:15	5:05	
20	Mon	4:58	5.3	5:23	4.0	11:24	0.0	11:19	-0.3	7:14	5:06	
21	Tue	5:55	5.5	6:20	4.0			12:26	-0.2	7:14	5:07	
22	Wed	6:47	5.7	7:12	4.0	12:14	-0.4	1:20	-0.3	7:13	5:08	
23	Thu	7:36	5.7	8:00	4.1	1:06	-0.5	2:08	-0.4	7:13	5:09	
24	Fri	8:20	5.7	8:42	4.1	1:53	-0.5	2:49	-0.4	7:12	5:11	
25	Sat	9:01	5.6	9:22	4.2	2:36	-0.5	3:26	-0.4	7:11	5:12	
26	Sun	9:39	5.5	10:00	4.2	3:16	-0.4	4:02	-0.3	7:11	5:13	
27	Mon	10:16	5.3	10:37	4.2	3:55	-0.3	4:38	-0.2	7:10	5:14	
28	Tue	10:53	5.1	11:16	4.2	4:35	-0.1	5:15	-0.1	7:09	5:15	
29	Wed	11:31	4.8	11:56	4.1	5:17	0.1	5:53	0.0	7:08	5:16	
30	Thu			12:10	4.5	6:03	0.3	6:33	0.2	7:08	5:17	
31	Fri	12:38	4.1	12:52	4.2	6:51	0.5	7:14	0.3	7:07	5:19	