
































## North Highlands Beach, NJ - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:06	4.6	7:34	5.9	1:11	0.7	1:10	0.4	5:35	8:19	
2	Fri	7:54	4.7	8:19	6.3	2:01	0.4	1:54	0.2	5:35	8:20	
3	Sat	8:43	4.7	9:05	6.5	2:50	0.1	2:40	0.0	5:35	8:20	
4	Sun	9:32	4.7	9:53	6.7	3:37	-0.1	3:26	-0.1	5:34	8:21	
5	Mon	10:22	4.7	10:42	6.8	4:24	-0.2	4:13	-0.1	5:34	8:22	
6	Tue	11:14	4.7	11:35	6.7	5:14	-0.2	5:04	0.0	5:34	8:22	
7	Wed			12:09	4.7	6:07	-0.1	5:59	0.1	5:34	8:23	
8	Thu	12:30	6.5	1:07	4.7	7:03	0.0	7:00	0.3	5:33	8:23	
9	Fri	1:27	6.2	2:07	4.8	8:00	0.1	8:06	0.4	5:33	8:24	
10	Sat	2:26	5.9	3:10	5.0	8:57	0.1	9:13	0.5	5:33	8:24	
11	Sun	3:28	5.5	4:14	5.2	9:53	0.2	10:22	0.6	5:33	8:25	
12	Mon	4:33	5.2	5:16	5.5	10:47	0.2	11:31	0.5	5:33	8:25	
13	Tue	5:35	5.0	6:11	5.8	11:40	0.2			5:33	8:26	
14	Wed	6:32	4.8	7:02	6.1	12:34	0.5	12:30	0.2	5:33	8:26	
15	Thu	7:25	4.7	7:50	6.2	1:33	0.4	1:19	0.2	5:33	8:27	
16	Fri	8:14	4.6	8:35	6.3	2:26	0.3	2:05	0.2	5:33	8:27	
17	Sat	9:01	4.5	9:18	6.3	3:13	0.2	2:49	0.3	5:33	8:27	
18	Sun	9:45	4.4	9:58	6.2	3:56	0.3	3:31	0.3	5:33	8:28	
19	Mon	10:27	4.4	10:38	6.0	4:36	0.3	4:11	0.4	5:33	8:28	
20	Tue	11:07	4.3	11:17	5.9	5:15	0.4	4:51	0.6	5:34	8:28	
21	Wed	11:49	4.3	11:57	5.7	5:54	0.6	5:33	0.8	5:34	8:28	
22	Thu			12:31	4.3	6:35	0.7	6:18	0.9	5:34	8:29	
23	Fri	12:38	5.5	1:14	4.3	7:17	0.8	7:06	1.1	5:34	8:29	
24	Sat	1:20	5.3	1:58	4.4	7:57	0.8	7:56	1.2	5:35	8:29	
25	Sun	2:02	5.0	2:44	4.5	8:38	0.9	8:48	1.3	5:35	8:29	
26	Mon	2:48	4.8	3:34	4.7	9:20	0.8	9:44	1.3	5:35	8:29	
27	Tue	3:40	4.6	4:27	5.0	10:03	0.8	10:41	1.2	5:36	8:29	
28	Wed	4:36	4.4	5:19	5.3	10:50	0.7	11:40	1.0	5:36	8:29	
29	Thu	5:32	4.4	6:10	5.7	11:39	0.6			5:36	8:29	
30	Fri	6:27	4.4	7:01	6.1	12:37	0.8	12:29	0.4	5:37	8:29	