






























North Highlands Beach, NJ - May 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:24	4.8	5:06	4.6	10:50	0.9	11:09	1.0	6:01	7:52	
2	Fri	5:21	4.8	5:57	5.0	11:39	0.7			6:00	7:53	
3	Sat	6:14	4.9	6:45	5.4	12:06	0.8	12:25	0.5	5:59	7:54	
4	Sun	7:03	5.0	7:30	5.9	12:59	0.5	1:11	0.2	5:57	7:55	
5	Mon	7:51	5.1	8:16	6.3	1:50	0.1	1:56	0.0	5:56	7:56	
6	Tue	8:40	5.2	9:03	6.6	2:39	-0.2	2:42	-0.3	5:55	7:57	
7	Wed	9:28	5.3	9:50	6.8	3:27	-0.4	3:28	-0.4	5:54	7:58	
8	Thu	10:18	5.2	10:39	6.9	4:15	-0.5	4:15	-0.5	5:53	7:59	
9	Fri	11:09	5.2	11:31	6.8	5:05	-0.5	5:05	-0.4	5:52	7:59	
10	Sat			12:03	5.1	5:57	-0.4	5:59	-0.2	5:51	8:00	
11	Sun	12:26	6.6	1:01	5.0	6:54	-0.2	6:58	0.1	5:50	8:01	
12	Mon	1:23	6.3	2:02	5.0	7:53	-0.1	8:02	0.3	5:49	8:02	
13	Tue	2:24	5.9	3:06	5.0	8:53	0.1	9:09	0.5	5:48	8:03	
14	Wed	3:28	5.6	4:14	5.2	9:53	0.2	10:19	0.5	5:47	8:04	
15	Thu	4:36	5.4	5:18	5.4	10:52	0.2	11:28	0.5	5:46	8:05	
16	Fri	5:39	5.2	6:14	5.6	11:47	0.2			5:45	8:06	
17	Sat	6:35	5.1	7:05	5.9	12:31	0.4	12:38	0.2	5:45	8:07	
18	Sun	7:26	5.0	7:51	6.0	1:28	0.3	1:26	0.2	5:44	8:08	
19	Mon	8:13	4.9	8:34	6.1	2:19	0.2	2:10	0.1	5:43	8:09	
20	Tue	8:57	4.9	9:14	6.2	3:05	0.2	2:51	0.2	5:42	8:10	
21	Wed	9:38	4.8	9:52	6.1	3:45	0.1	3:30	0.2	5:41	8:10	
22	Thu	10:17	4.7	10:29	6.0	4:23	0.2	4:07	0.3	5:41	8:11	
23	Fri	10:56	4.6	11:06	5.9	5:00	0.3	4:45	0.4	5:40	8:12	
24	Sat	11:36	4.5	11:45	5.7	5:37	0.4	5:24	0.6	5:39	8:13	
25	Sun			12:17	4.5	6:17	0.6	6:07	0.8	5:39	8:14	
26	Mon	12:25	5.6	1:00	4.4	6:59	0.7	6:53	0.9	5:38	8:15	
27	Tue	1:07	5.3	1:45	4.4	7:42	0.8	7:42	1.1	5:38	8:15	
28	Wed	1:51	5.1	2:32	4.5	8:26	0.8	8:35	1.1	5:37	8:16	
29	Thu	2:39	5.0	3:24	4.7	9:11	0.8	9:30	1.1	5:37	8:17	
30	Fri	3:31	4.8	4:19	4.9	9:59	0.7	10:29	1.0	5:36	8:18	
31	Sat	4:29	4.7	5:14	5.3	10:48	0.6	11:28	0.8	5:36	8:18	