





























North Highlands Beach, NJ - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:19	5.4	11:37	6.6	5:12	-0.6	5:12	-0.4	6:00	7:52	
2	Mon			12:11	5.1	6:05	-0.3	6:03	0.0	5:59	7:53	
3	Tue	12:28	6.2	1:04	4.9	6:59	0.0	6:57	0.4	5:58	7:54	
4	Wed	1:20	5.8	1:58	4.7	7:56	0.3	7:54	0.7	5:57	7:55	
5	Thu	2:13	5.5	2:55	4.5	8:52	0.6	8:54	0.9	5:56	7:56	
6	Fri	3:09	5.1	3:55	4.5	9:48	0.7	9:56	1.1	5:55	7:57	
7	Sat	4:09	4.9	4:54	4.6	10:43	0.8	10:58	1.1	5:54	7:58	
8	Sun	5:08	4.8	5:46	4.8	11:33	0.8	11:55	1.0	5:53	7:59	
9	Mon	6:00	4.7	6:31	5.1			12:18	0.8	5:52	8:00	
10	Tue	6:46	4.8	7:13	5.3	12:46	0.9	12:59	0.7	5:51	8:01	
11	Wed	7:30	4.8	7:53	5.6	1:33	0.7	1:38	0.5	5:50	8:02	
12	Thu	8:11	4.8	8:32	5.8	2:16	0.5	2:15	0.4	5:49	8:03	
13	Fri	8:52	4.8	9:10	6.0	2:55	0.3	2:52	0.3	5:48	8:04	
14	Sat	9:31	4.8	9:48	6.1	3:33	0.2	3:28	0.3	5:47	8:05	
15	Sun	10:10	4.8	10:26	6.1	4:10	0.1	4:05	0.2	5:46	8:06	
16	Mon	10:50	4.8	11:06	6.1	4:48	0.1	4:43	0.2	5:45	8:06	
17	Tue	11:32	4.7	11:49	6.1	5:29	0.1	5:26	0.3	5:44	8:07	
18	Wed			12:18	4.7	6:15	0.2	6:14	0.4	5:43	8:08	
19	Thu	12:35	6.0	1:07	4.7	7:04	0.2	7:08	0.5	5:43	8:09	
20	Fri	1:25	5.8	2:01	4.8	7:56	0.2	8:07	0.5	5:42	8:10	
21	Sat	2:20	5.7	3:00	5.0	8:50	0.2	9:09	0.5	5:41	8:11	
22	Sun	3:21	5.5	4:05	5.2	9:47	0.1	10:15	0.5	5:40	8:12	
23	Mon	4:27	5.4	5:09	5.6	10:45	0.0	11:22	0.3	5:40	8:12	
24	Tue	5:32	5.4	6:09	6.0	11:42	-0.1			5:39	8:13	
25	Wed	6:33	5.4	7:05	6.4	12:26	0.1	12:38	-0.3	5:39	8:14	
26	Thu	7:31	5.4	7:58	6.7	1:28	-0.2	1:32	-0.4	5:38	8:15	
27	Fri	8:27	5.4	8:51	6.8	2:25	-0.4	2:24	-0.5	5:37	8:16	
28	Sat	9:20	5.3	9:41	6.9	3:19	-0.5	3:15	-0.5	5:37	8:16	
29	Sun	10:11	5.3	10:29	6.7	4:08	-0.5	4:03	-0.4	5:36	8:17	
30	Mon	11:00	5.2	11:16	6.5	4:57	-0.4	4:50	-0.2	5:36	8:18	
31	Tue	11:50	5.0			5:45	-0.1	5:39	0.1	5:36	8:19	