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# Westbrook, CT - Jan 1979

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 12:11 | 4.4 | 12:31 | 4.8 | 6:16 | -0.5 | 6:52 | -0.7 | 7:15 | 4:31 | |
| 2 | Tue | 1:06 | 4.4 | 1:26 | 4.7 | 7:13 | -0.4 | 7:46 | -0.6 | 7:15 | 4:31 | |
| 3 | Wed | 2:01 | 4.4 | 2:24 | 4.4 | 8:12 | -0.3 | 8:41 | -0.4 | 7:15 | 4:32 | |
| 4 | Thu | 2:59 | 4.3 | 3:23 | 4.2 | 9:13 | -0.1 | 9:39 | -0.3 | 7:15 | 4:33 | |
| 5 | Fri | 3:59 | 4.3 | 4:25 | 4.0 | 10:17 | 0.0 | 10:38 | -0.1 | 7:15 | 4:34 | |
| 6 | Sat | 4:59 | 4.2 | 5:28 | 3.8 | 11:20 | 0.0 | 11:36 | 0.0 | 7:15 | 4:35 | |
| 7 | Sun | 6:00 | 4.2 | 6:30 | 3.8 | | | 12:22 | 0.0 | 7:15 | 4:36 | |
| 8 | Mon | 6:58 | 4.2 | 7:28 | 3.8 | 12:34 | 0.0 | 1:19 | -0.1 | 7:15 | 4:37 | |
| 9 | Tue | 7:52 | 4.3 | 8:21 | 3.8 | 1:28 | 0.1 | 2:12 | -0.1 | 7:15 | 4:38 | |
| 10 | Wed | 8:40 | 4.3 | 9:08 | 3.9 | 2:19 | 0.0 | 3:00 | -0.2 | 7:15 | 4:39 | |
| 11 | Thu | 9:24 | 4.3 | 9:51 | 3.9 | 3:05 | 0.0 | 3:43 | -0.2 | 7:14 | 4:40 | |
| 12 | Fri | 10:05 | 4.3 | 10:32 | 3.9 | 3:48 | 0.0 | 4:23 | -0.2 | 7:14 | 4:41 | |
| 13 | Sat | 10:44 | 4.2 | 11:11 | 3.9 | 4:29 | 0.0 | 5:01 | -0.2 | 7:14 | 4:42 | |
| 14 | Sun | 11:22 | 4.2 | 11:49 | 3.9 | 5:08 | 0.0 | 5:38 | -0.2 | 7:13 | 4:43 | |
| 15 | Mon | | | 12:00 | 4.1 | 5:47 | 0.1 | 6:14 | -0.1 | 7:13 | 4:45 | |
| 16 | Tue | 12:28 | 3.9 | 12:39 | 4.0 | 6:26 | 0.1 | 6:51 | 0.0 | 7:13 | 4:46 | |
| 17 | Wed | 1:07 | 3.9 | 1:19 | 3.9 | 7:06 | 0.2 | 7:30 | 0.0 | 7:12 | 4:47 | |
| 18 | Thu | 1:47 | 3.9 | 2:01 | 3.8 | 7:49 | 0.2 | 8:10 | 0.1 | 7:12 | 4:48 | |
| 19 | Fri | 2:29 | 3.8 | 2:46 | 3.7 | 8:35 | 0.3 | 8:54 | 0.2 | 7:11 | 4:49 | |
| 20 | Sat | 3:14 | 3.8 | 3:35 | 3.6 | 9:25 | 0.3 | 9:43 | 0.2 | 7:10 | 4:50 | |
| 21 | Sun | 4:03 | 3.9 | 4:29 | 3.5 | 10:21 | 0.3 | 10:36 | 0.3 | 7:10 | 4:52 | |
| 22 | Mon | 4:57 | 3.9 | 5:28 | 3.5 | 11:19 | 0.2 | 11:33 | 0.2 | 7:09 | 4:53 | |
| 23 | Tue | 5:54 | 4.0 | 6:29 | 3.6 | | | 12:19 | 0.1 | 7:08 | 4:54 | |
| 24 | Wed | 6:53 | 4.2 | 7:27 | 3.8 | 12:32 | 0.1 | 1:17 | -0.1 | 7:08 | 4:55 | |
| 25 | Thu | 7:50 | 4.4 | 8:23 | 4.0 | 1:29 | -0.1 | 2:13 | -0.3 | 7:07 | 4:56 | |
| 26 | Fri | 8:44 | 4.7 | 9:16 | 4.2 | 2:26 | -0.3 | 3:07 | -0.6 | 7:06 | 4:58 | |
| 27 | Sat | 9:37 | 4.8 | 10:08 | 4.4 | 3:20 | -0.5 | 3:59 | -0.7 | 7:05 | 4:59 | |
| 28 | Sun | 10:30 | 4.9 | 11:00 | 4.5 | 4:14 | -0.6 | 4:50 | -0.8 | 7:05 | 5:00 | |
| 29 | Mon | 11:22 | 4.9 | 11:52 | 4.6 | 5:07 | -0.7 | 5:40 | -0.9 | 7:04 | 5:01 | |
| 30 | Tue | | | 12:15 | 4.8 | 6:01 | -0.7 | 6:31 | -0.8 | 7:03 | 5:03 | |
| 31 | Wed | 12:45 | 4.6 | 1:08 | 4.6 | 6:55 | -0.6 | 7:22 | -0.7 | 7:02 | 5:04 | |