

Lanark, St. George Sound, FL - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:36	1.2	8:05	1.9	2:56	0.4	1:05	1.0	7:34	5:49	
2	Fri	11:42	1.3	8:45	2.0	4:03	0.0	2:53	1.3	7:34	5:50	
3	Sat			1:41	1.6	4:58	-0.4	4:25	1.5	7:34	5:51	
4	Sun			2:12	1.8	5:49	-0.8	5:28	1.6	7:34	5:52	
5	Mon			2:43	1.9	6:39	-1.1	6:21	1.6	7:34	5:52	
6	Tue			3:14	2.0	7:28	-1.4	7:11	1.6	7:34	5:53	
7	Wed	12:24	2.6	3:45	2.0	8:17	-1.5	8:02	1.5	7:35	5:54	
8	Thu	1:17	2.7	4:15	2.0	9:03	-1.5	8:52	1.3	7:35	5:55	
9	Fri	2:09	2.7	4:43	1.9	9:46	-1.3	9:43	1.1	7:35	5:56	
10	Sat	3:00	2.5	5:10	1.9	10:26	-1.0	10:35	0.8	7:35	5:56	
11	Sun	3:55	2.2	5:37	1.9	11:03	-0.6	11:30	0.6	7:35	5:57	
12	Mon	4:56	1.9	6:05	2.0	11:37	-0.1			7:35	5:58	
13	Tue	6:08	1.5	6:34	2.0	12:32	0.4	12:07	0.4	7:35	5:59	
14	Wed	7:36	1.2	7:07	2.1	1:46	0.1	12:29	0.8	7:34	6:00	
15	Thu			7:45	2.1	3:09	-0.1			7:34	6:00	
16	Fri			8:31	2.1	4:22	-0.3			7:34	6:01	
17	Sat			9:26	2.1	5:20	-0.5			7:34	6:02	
18	Sun			2:48	1.6	6:11	-0.7	5:32	1.5	7:34	6:03	
19	Mon			3:03	1.7	6:56	-0.8	6:25	1.4	7:34	6:04	
20	Tue			3:16	1.7	7:37	-0.8	7:11	1.3	7:33	6:05	
21	Wed	12:26	2.2	3:29	1.7	8:14	-0.9	7:52	1.2	7:33	6:06	
22	Thu	1:10	2.3	3:44	1.7	8:48	-0.9	8:32	1.1	7:33	6:06	
23	Fri	1:51	2.3	4:00	1.7	9:20	-0.8	9:09	0.9	7:32	6:07	
24	Sat	2:29	2.3	4:18	1.8	9:49	-0.7	9:46	0.8	7:32	6:08	
25	Sun	3:09	2.2	4:37	1.8	10:16	-0.5	10:22	0.6	7:32	6:09	
26	Mon	3:51	2.0	4:59	1.8	10:42	-0.2	11:00	0.5	7:31	6:10	
27	Tue	4:39	1.8	5:23	1.9	11:03	0.1	11:41	0.3	7:31	6:11	
28	Wed	5:36	1.6	5:50	1.9	11:19	0.4			7:30	6:12	
29	Thu	6:46	1.4	6:20	1.9	12:33	0.2	11:26 AM	0.8	7:30	6:13	
30	Fri	8:16	1.2	6:56	2.0	1:45	0.0	11:17 AM	1.1	7:29	6:13	
31	Sat			7:43	2.1	3:12	-0.2			7:29	6:14	