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# Atlantic Highlands, NJ - Jan 1779

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 6:01 | 5.9 | 6:33 | 4.7 | | | 12:42 | -0.8 | 7:23 | 4:44 | |
| 2 | Sat | 6:53 | 6.0 | 7:27 | 4.8 | 12:39 | -0.8 | 1:37 | -1.0 | 7:23 | 4:45 | |
| 3 | Sun | 7:45 | 6.0 | 8:21 | 4.9 | 1:35 | -0.9 | 2:29 | -1.2 | 7:24 | 4:46 | |
| 4 | Mon | 8:38 | 5.9 | 9:16 | 4.8 | 2:29 | -0.9 | 3:19 | -1.1 | 7:24 | 4:47 | |
| 5 | Tue | 9:32 | 5.6 | 10:13 | 4.7 | 3:21 | -0.7 | 4:07 | -1.0 | 7:23 | 4:48 | |
| 6 | Wed | 10:28 | 5.3 | 11:10 | 4.7 | 4:12 | -0.5 | 4:56 | -0.8 | 7:23 | 4:49 | |
| 7 | Thu | 11:23 | 4.9 | | | 5:06 | -0.2 | 5:47 | -0.5 | 7:23 | 4:50 | |
| 8 | Fri | 12:05 | 4.6 | 12:16 | 4.6 | 6:04 | 0.2 | 6:41 | -0.2 | 7:23 | 4:51 | |
| 9 | Sat | 12:57 | 4.5 | 1:08 | 4.2 | 7:07 | 0.4 | 7:37 | 0.0 | 7:23 | 4:52 | |
| 10 | Sun | 1:47 | 4.4 | 1:59 | 3.9 | 8:11 | 0.5 | 8:30 | 0.2 | 7:23 | 4:53 | |
| 11 | Mon | 2:38 | 4.4 | 2:53 | 3.7 | 9:10 | 0.5 | 9:20 | 0.3 | 7:23 | 4:54 | |
| 12 | Tue | 3:31 | 4.4 | 3:51 | 3.6 | 10:04 | 0.4 | 10:07 | 0.3 | 7:22 | 4:55 | |
| 13 | Wed | 4:24 | 4.5 | 4:46 | 3.6 | 10:52 | 0.3 | 10:52 | 0.2 | 7:22 | 4:56 | |
| 14 | Thu | 5:12 | 4.6 | 5:36 | 3.7 | 11:37 | 0.1 | 11:35 | 0.2 | 7:22 | 4:57 | |
| 15 | Fri | 5:56 | 4.8 | 6:20 | 3.8 | | | 12:22 | 0.0 | 7:21 | 4:58 | |
| 16 | Sat | 6:36 | 4.9 | 7:01 | 3.9 | 12:19 | 0.1 | 1:05 | -0.2 | 7:21 | 4:59 | |
| 17 | Sun | 7:15 | 4.9 | 7:40 | 3.9 | 1:02 | 0.1 | 1:47 | -0.3 | 7:20 | 5:00 | |
| 18 | Mon | 7:51 | 4.9 | 8:17 | 3.9 | 1:44 | 0.0 | 2:26 | -0.3 | 7:20 | 5:02 | |
| 19 | Tue | 8:26 | 4.8 | 8:54 | 3.9 | 2:24 | 0.1 | 3:03 | -0.3 | 7:19 | 5:03 | |
| 20 | Wed | 9:01 | 4.7 | 9:31 | 3.9 | 3:01 | 0.1 | 3:37 | -0.3 | 7:19 | 5:04 | |
| 21 | Thu | 9:38 | 4.6 | 10:10 | 4.0 | 3:37 | 0.1 | 4:10 | -0.3 | 7:18 | 5:05 | |
| 22 | Fri | 10:19 | 4.4 | 10:54 | 4.0 | 4:13 | 0.2 | 4:44 | -0.2 | 7:17 | 5:06 | |
| 23 | Sat | 11:07 | 4.3 | 11:42 | 4.2 | 4:55 | 0.3 | 5:23 | -0.1 | 7:17 | 5:07 | |
| 24 | Sun | | | 12:00 | 4.1 | 5:50 | 0.5 | 6:12 | 0.0 | 7:16 | 5:09 | |
| 25 | Mon | 12:34 | 4.4 | 12:57 | 4.0 | 7:04 | 0.5 | 7:14 | 0.0 | 7:15 | 5:10 | |
| 26 | Tue | 1:30 | 4.5 | 1:58 | 3.9 | 8:21 | 0.4 | 8:22 | 0.0 | 7:15 | 5:11 | |
| 27 | Wed | 2:32 | 4.7 | 3:07 | 3.8 | 9:31 | 0.1 | 9:29 | -0.2 | 7:14 | 5:12 | |
| 28 | Thu | 3:41 | 5.0 | 4:19 | 4.0 | 10:33 | -0.2 | 10:30 | -0.4 | 7:13 | 5:13 | |
| 29 | Fri | 4:48 | 5.2 | 5:23 | 4.3 | 11:31 | -0.5 | 11:29 | -0.7 | 7:12 | 5:15 | |
| 30 | Sat | 5:47 | 5.5 | 6:20 | 4.6 | | | 12:27 | -0.9 | 7:11 | 5:16 | |
| 31 | Sun | 6:42 | 5.7 | 7:14 | 4.8 | 12:27 | -0.9 | 1:20 | -1.1 | 7:10 | 5:17 | |