

Atlantic Highlands, NJ - Mar 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:35	4.4	6:06	4.0			12:03	0.1	6:29	5:47	
2	Sun	6:16	4.7	6:44	4.3	12:02	0.2	12:44	-0.2	6:28	5:48	
3	Mon	6:53	4.8	7:20	4.6	12:47	-0.1	1:23	-0.3	6:26	5:49	
4	Tue	7:28	4.9	7:55	4.8	1:30	-0.2	2:00	-0.5	6:25	5:50	
5	Wed	8:04	4.9	8:31	4.9	2:12	-0.4	2:35	-0.5	6:23	5:51	
6	Thu	8:41	4.8	9:09	5.0	2:53	-0.4	3:09	-0.5	6:21	5:53	
7	Fri	9:23	4.6	9:52	5.0	3:34	-0.4	3:44	-0.4	6:20	5:54	
8	Sat	10:10	4.3	10:42	5.0	4:18	-0.3	4:21	-0.2	6:18	5:55	
9	Sun	11:06	4.1	11:39	4.9	5:07	0.0	5:06	0.0	6:17	5:56	
10	Mon			12:08	3.9	6:10	0.2	6:07	0.3	6:15	5:57	
11	Tue	12:42	4.8	1:13	3.8	7:26	0.4	7:28	0.5	6:13	5:58	
12	Wed	1:47	4.8	2:22	3.8	8:41	0.3	8:49	0.4	6:12	5:59	
13	Thu	2:57	4.8	3:36	4.0	9:47	0.1	9:58	0.2	6:10	6:00	
14	Fri	4:08	4.9	4:44	4.3	10:44	-0.2	10:58	-0.1	6:09	6:01	
15	Sat	5:10	5.1	5:41	4.7	11:36	-0.5	11:53	-0.4	6:07	6:02	
16	Sun	6:03	5.3	6:29	5.1			12:24	-0.7	6:05	6:03	
17	Mon	6:49	5.4	7:14	5.3	12:44	-0.5	1:09	-0.8	6:04	6:04	
18	Tue	7:33	5.3	7:56	5.4	1:33	-0.6	1:52	-0.8	6:02	6:05	
19	Wed	8:15	5.2	8:36	5.3	2:18	-0.6	2:31	-0.6	6:00	6:06	
20	Thu	8:58	4.9	9:16	5.2	3:01	-0.5	3:08	-0.4	5:59	6:08	
21	Fri	9:41	4.5	9:56	4.9	3:41	-0.2	3:43	-0.1	5:57	6:09	
22	Sat	10:26	4.2	10:39	4.7	4:20	0.1	4:17	0.3	5:56	6:10	
23	Sun	11:15	3.9	11:24	4.4	5:01	0.4	4:52	0.6	5:54	6:11	
24	Mon			12:05	3.7	5:49	0.7	5:35	0.9	5:52	6:12	
25	Tue	12:13	4.2	12:57	3.5	6:50	1.0	6:34	1.2	5:51	6:13	
26	Wed	1:04	4.0	1:52	3.5	7:59	1.1	7:50	1.3	5:49	6:14	
27	Thu	2:00	4.0	2:51	3.5	9:02	1.0	8:59	1.2	5:47	6:15	
28	Fri	3:01	4.0	3:52	3.7	9:56	0.8	9:56	0.9	5:46	6:16	
29	Sat	4:03	4.2	4:46	4.0	10:42	0.5	10:47	0.6	5:44	6:17	
30	Sun	4:56	4.4	5:31	4.4	11:24	0.2	11:34	0.3	5:42	6:18	
31	Mon	5:41	4.7	6:10	4.8			12:04	0.0	5:41	6:19	