

Atlantic Highlands, NJ - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:31	3.8	12:22	4.2	6:04	1.3	7:01	0.9	7:00	4:30	
2	Tue	1:17	4.0	1:10	4.1	7:12	1.3	7:55	0.8	7:01	4:30	
3	Wed	2:03	4.1	2:00	4.1	8:20	1.2	8:46	0.6	7:02	4:30	
4	Thu	2:51	4.4	2:55	4.1	9:19	0.9	9:33	0.5	7:03	4:29	
5	Fri	3:42	4.7	3:55	4.1	10:13	0.6	10:19	0.2	7:03	4:29	
6	Sat	4:33	5.1	4:52	4.3	11:04	0.2	11:05	0.0	7:04	4:29	
7	Sun	5:22	5.5	5:44	4.4	11:55	-0.1	11:52	-0.1	7:05	4:29	
8	Mon	6:09	5.8	6:34	4.5			12:47	-0.4	7:06	4:29	
9	Tue	6:56	6.0	7:24	4.6	12:43	-0.3	1:39	-0.6	7:07	4:29	
10	Wed	7:45	6.1	8:16	4.6	1:36	-0.4	2:31	-0.7	7:08	4:29	
11	Thu	8:38	6.0	9:12	4.6	2:29	-0.4	3:21	-0.7	7:09	4:29	
12	Fri	9:34	5.8	10:13	4.6	3:22	-0.3	4:10	-0.6	7:09	4:29	
13	Sat	10:34	5.5	11:15	4.6	4:15	-0.1	5:02	-0.5	7:10	4:30	
14	Sun	11:34	5.2			5:14	0.1	5:58	-0.3	7:11	4:30	
15	Mon	12:15	4.6	12:32	4.9	6:21	0.4	6:58	-0.2	7:12	4:30	
16	Tue	1:12	4.7	1:27	4.6	7:32	0.5	7:57	-0.1	7:12	4:30	
17	Wed	2:07	4.8	2:23	4.4	8:39	0.5	8:52	0.0	7:13	4:31	
18	Thu	3:02	4.8	3:22	4.2	9:39	0.3	9:43	0.0	7:14	4:31	
19	Fri	3:58	4.9	4:21	4.1	10:33	0.2	10:30	0.0	7:14	4:32	
20	Sat	4:50	5.0	5:14	4.1	11:22	0.1	11:15	0.1	7:15	4:32	
21	Sun	5:37	5.1	6:02	4.1			12:09	0.0	7:15	4:32	
22	Mon	6:19	5.1	6:46	4.1			12:54	-0.1	7:16	4:33	
23	Tue	6:58	5.1	7:28	4.1	12:42	0.1	1:37	-0.1	7:16	4:33	
24	Wed	7:37	5.1	8:09	4.1	1:25	0.2	2:18	-0.1	7:17	4:34	
25	Thu	8:14	4.9	8:51	4.0	2:07	0.2	2:57	-0.1	7:17	4:35	
26	Fri	8:52	4.8	9:33	3.9	2:46	0.3	3:33	0.0	7:17	4:35	
27	Sat	9:29	4.6	10:17	3.8	3:23	0.4	4:08	0.1	7:18	4:36	
28	Sun	10:07	4.4	11:01	3.8	4:00	0.5	4:42	0.2	7:18	4:37	
29	Mon	10:47	4.2	11:45	3.8	4:38	0.7	5:17	0.3	7:18	4:37	
30	Tue	11:32	4.1			5:22	0.8	5:57	0.4	7:18	4:38	
31	Wed	12:27	3.9	12:19	3.9	6:19	0.9	6:45	0.5	7:19	4:39	