

Atlantic Highlands, NJ - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:10	4.1	1:10	3.7	7:31	0.9	7:40	0.5	7:19	4:40	
2	Fri	1:58	4.3	2:07	3.7	8:40	0.7	8:41	0.4	7:19	4:41	
3	Sat	2:53	4.6	3:14	3.7	9:43	0.4	9:39	0.2	7:19	4:41	
4	Sun	3:55	4.9	4:23	3.8	10:40	0.0	10:36	-0.1	7:19	4:42	
5	Mon	4:56	5.3	5:24	4.0	11:35	-0.3	11:31	-0.3	7:19	4:43	
6	Tue	5:51	5.6	6:20	4.3			12:29	-0.6	7:19	4:44	
7	Wed	6:43	5.9	7:12	4.6	12:28	-0.6	1:23	-0.9	7:19	4:45	
8	Thu	7:35	6.0	8:05	4.8	1:24	-0.8	2:14	-1.1	7:19	4:46	
9	Fri	8:26	5.9	8:58	4.9	2:19	-0.9	3:02	-1.2	7:19	4:47	
10	Sat	9:19	5.7	9:54	4.9	3:11	-0.8	3:49	-1.2	7:18	4:48	
11	Sun	10:13	5.4	10:50	4.9	4:02	-0.7	4:36	-1.0	7:18	4:49	
12	Mon	11:08	5.0	11:46	4.8	4:56	-0.4	5:24	-0.8	7:18	4:50	
13	Tue			12:03	4.6	5:54	0.0	6:16	-0.4	7:18	4:51	
14	Wed	12:39	4.7	12:56	4.3	6:59	0.2	7:13	-0.1	7:17	4:52	
15	Thu	1:31	4.6	1:50	3.9	8:07	0.4	8:11	0.1	7:17	4:53	
16	Fri	2:24	4.5	2:48	3.7	9:11	0.4	9:07	0.2	7:16	4:55	
17	Sat	3:21	4.4	3:50	3.5	10:08	0.3	9:59	0.3	7:16	4:56	
18	Sun	4:19	4.4	4:49	3.6	10:59	0.2	10:48	0.3	7:15	4:57	
19	Mon	5:12	4.5	5:41	3.7	11:46	0.1	11:35	0.2	7:15	4:58	
20	Tue	5:58	4.6	6:26	3.8			12:31	0.0	7:14	4:59	
21	Wed	6:39	4.7	7:07	4.0	12:20	0.1	1:13	-0.1	7:14	5:00	
22	Thu	7:18	4.8	7:47	4.0	1:04	0.1	1:53	-0.2	7:13	5:01	
23	Fri	7:54	4.7	8:25	4.1	1:47	0.0	2:30	-0.3	7:12	5:03	
24	Sat	8:28	4.6	9:03	4.1	2:27	0.0	3:04	-0.3	7:12	5:04	
25	Sun	9:01	4.5	9:39	4.0	3:04	0.1	3:36	-0.2	7:11	5:05	
26	Mon	9:33	4.3	10:15	4.0	3:39	0.2	4:05	-0.1	7:10	5:06	
27	Tue	10:08	4.1	10:53	4.1	4:14	0.3	4:33	0.0	7:10	5:07	
28	Wed	10:49	3.9	11:35	4.1	4:52	0.4	5:03	0.1	7:09	5:09	
29	Thu	11:38	3.7			5:39	0.5	5:42	0.2	7:08	5:10	
30	Fri	12:22	4.3	12:32	3.6	6:45	0.6	6:39	0.4	7:07	5:11	
31	Sat	1:14	4.4	1:33	3.5	8:03	0.6	7:55	0.4	7:06	5:12	