

Atlantic Highlands, NJ - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:46	4.6	1:15	3.5	7:36	0.6	7:28	0.5	6:29	5:47	
2	Mon	1:51	4.6	2:26	3.6	8:53	0.4	8:53	0.4	6:28	5:48	
3	Tue	3:04	4.7	3:42	3.8	9:58	0.1	10:04	0.0	6:26	5:49	
4	Wed	4:17	5.0	4:51	4.3	10:55	-0.3	11:05	-0.3	6:25	5:50	
5	Thu	5:19	5.3	5:49	4.8	11:48	-0.7			6:23	5:51	
6	Fri	6:13	5.6	6:40	5.2	12:02	-0.7	12:38	-1.0	6:22	5:52	
7	Sat	7:02	5.7	7:28	5.5	12:57	-0.9	1:27	-1.2	6:20	5:53	
8	Sun	7:50	5.7	8:15	5.6	1:50	-1.1	2:12	-1.3	6:19	5:54	
9	Mon	8:37	5.5	9:02	5.6	2:39	-1.0	2:56	-1.1	6:17	5:56	
10	Tue	9:26	5.1	9:49	5.4	3:26	-0.8	3:37	-0.8	6:15	5:57	
11	Wed	10:16	4.7	10:38	5.1	4:12	-0.5	4:18	-0.4	6:14	5:58	
12	Thu	11:08	4.3	11:29	4.7	5:00	-0.1	5:01	0.0	6:12	5:59	
13	Fri			12:02	4.0	5:53	0.3	5:49	0.5	6:11	6:00	
14	Sat	12:20	4.4	12:56	3.7	6:55	0.6	6:48	0.9	6:09	6:01	
15	Sun	1:13	4.2	1:51	3.5	8:03	0.8	7:57	1.0	6:07	6:02	
16	Mon	2:09	4.0	2:50	3.5	9:07	0.8	9:03	1.0	6:06	6:03	
17	Tue	3:11	4.0	3:52	3.6	10:01	0.7	9:59	0.8	6:04	6:04	
18	Wed	4:12	4.1	4:48	3.9	10:47	0.5	10:49	0.6	6:02	6:05	
19	Thu	5:05	4.3	5:35	4.2	11:28	0.3	11:34	0.4	6:01	6:06	
20	Fri	5:48	4.5	6:15	4.5			12:08	0.1	5:59	6:07	
21	Sat	6:26	4.6	6:51	4.7	12:18	0.2	12:46	0.0	5:58	6:08	
22	Sun	7:02	4.7	7:25	4.9	1:00	0.0	1:22	-0.1	5:56	6:09	
23	Mon	7:35	4.7	7:56	5.0	1:41	-0.1	1:57	-0.1	5:54	6:10	
24	Tue	8:08	4.6	8:28	5.1	2:21	-0.2	2:30	-0.1	5:53	6:11	
25	Wed	8:42	4.4	9:01	5.1	2:59	-0.2	3:02	0.0	5:51	6:12	
26	Thu	9:20	4.3	9:40	5.0	3:37	-0.1	3:33	0.1	5:49	6:13	
27	Fri	10:05	4.1	10:28	5.0	4:17	0.1	4:08	0.3	5:48	6:15	
28	Sat	11:01	3.9	11:27	4.9	5:04	0.3	4:52	0.5	5:46	6:16	
29	Sun			12:04	3.8	6:05	0.5	5:54	0.6	5:44	6:17	
30	Mon	12:32	4.8	1:10	3.9	7:20	0.5	7:22	0.7	5:43	6:18	
31	Tue	1:38	4.8	2:18	4.0	8:33	0.4	8:44	0.6	5:41	6:19	