

Atlantic Highlands, NJ - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:03	5.6	7:28	4.7	12:51	-0.5	1:33	-0.8	7:19	4:39	●
2	Fri	7:48	5.5	8:15	4.6	1:40	-0.5	2:19	-0.8	7:19	4:40	●
3	Sat	8:32	5.3	9:00	4.5	2:26	-0.4	3:01	-0.7	7:19	4:41	●
4	Sun	9:15	5.0	9:46	4.4	3:09	-0.2	3:40	-0.5	7:19	4:42	●
5	Mon	10:00	4.7	10:33	4.2	3:50	0.0	4:17	-0.3	7:19	4:43	◐
6	Tue	10:46	4.4	11:19	4.1	4:31	0.3	4:55	-0.1	7:19	4:44	◑
7	Wed	11:32	4.2			5:14	0.5	5:35	0.2	7:19	4:45	◑
8	Thu	12:05	4.1	12:18	3.9	6:05	0.8	6:21	0.3	7:19	4:46	◑
9	Fri	12:50	4.0	1:05	3.7	7:06	0.9	7:14	0.5	7:19	4:47	◑
10	Sat	1:35	4.0	1:54	3.6	8:10	0.9	8:10	0.5	7:18	4:48	◑
11	Sun	2:23	4.1	2:49	3.5	9:10	0.7	9:06	0.4	7:18	4:49	◑
12	Mon	3:16	4.2	3:48	3.6	10:04	0.5	9:58	0.3	7:18	4:50	◑
13	Tue	4:12	4.4	4:45	3.7	10:53	0.2	10:47	0.1	7:18	4:51	○
14	Wed	5:03	4.7	5:36	4.0	11:41	-0.1	11:35	-0.2	7:17	4:52	○
15	Thu	5:50	5.0	6:21	4.2			12:28	-0.4	7:17	4:53	○
16	Fri	6:33	5.3	7:05	4.5	12:23	-0.4	1:14	-0.7	7:17	4:54	○
17	Sat	7:16	5.5	7:49	4.7	1:12	-0.6	1:59	-0.9	7:16	4:55	○
18	Sun	8:00	5.5	8:35	4.8	2:01	-0.8	2:43	-1.0	7:16	4:56	○
19	Mon	8:47	5.5	9:24	4.9	2:49	-0.8	3:26	-1.1	7:15	4:57	○
20	Tue	9:36	5.3	10:17	4.9	3:36	-0.8	4:09	-1.0	7:15	4:59	○
21	Wed	10:31	5.0	11:13	5.0	4:26	-0.6	4:55	-0.8	7:14	5:00	○
22	Thu	11:28	4.7			5:21	-0.4	5:48	-0.6	7:13	5:01	○
23	Fri	12:10	4.9	12:27	4.4	6:25	-0.1	6:49	-0.4	7:13	5:02	○
24	Sat	1:07	4.9	1:26	4.2	7:36	0.0	7:54	-0.2	7:12	5:03	◐
25	Sun	2:06	4.8	2:28	4.0	8:45	0.0	8:59	-0.2	7:11	5:04	◐
26	Mon	3:08	4.8	3:34	4.0	9:48	-0.1	9:59	-0.2	7:11	5:06	◐
27	Tue	4:11	4.9	4:39	4.1	10:45	-0.3	10:54	-0.3	7:10	5:07	◑
28	Wed	5:09	5.0	5:36	4.2	11:37	-0.4	11:45	-0.4	7:09	5:08	◑
29	Thu	6:00	5.1	6:25	4.4			12:25	-0.6	7:08	5:09	◑
30	Fri	6:45	5.2	7:10	4.5	12:34	-0.4	1:11	-0.7	7:07	5:10	◑
31	Sat	7:28	5.2	7:52	4.6	1:21	-0.5	1:54	-0.7	7:06	5:12	●