

## Atlantic Highlands, NJ - Mar 1976

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 7:43  | 4.9 | 8:03  | 4.8 | 1:42  | -0.3 | 2:01  | -0.5 | 6:29                                                                                | 5:47 |    |
| 2    | Tue | 8:21  | 4.8 | 8:39  | 4.7 | 2:22  | -0.3 | 2:37  | -0.4 | 6:27                                                                                | 5:48 |    |
| 3    | Wed | 8:58  | 4.6 | 9:14  | 4.6 | 2:59  | -0.2 | 3:10  | -0.3 | 6:26                                                                                | 5:50 |    |
| 4    | Thu | 9:36  | 4.3 | 9:49  | 4.5 | 3:35  | -0.1 | 3:41  | -0.1 | 6:24                                                                                | 5:51 |    |
| 5    | Fri | 10:14 | 4.1 | 10:24 | 4.4 | 4:10  | 0.1  | 4:12  | 0.1  | 6:22                                                                                | 5:52 |    |
| 6    | Sat | 10:56 | 3.9 | 11:04 | 4.3 | 4:46  | 0.4  | 4:44  | 0.3  | 6:21                                                                                | 5:53 |    |
| 7    | Sun | 11:42 | 3.7 | 11:49 | 4.2 | 5:27  | 0.6  | 5:22  | 0.5  | 6:19                                                                                | 5:54 |    |
| 8    | Mon |       |     | 12:32 | 3.6 | 6:24  | 0.8  | 6:16  | 0.7  | 6:18                                                                                | 5:55 |    |
| 9    | Tue | 12:40 | 4.2 | 1:26  | 3.6 | 7:36  | 0.8  | 7:30  | 0.7  | 6:16                                                                                | 5:56 |    |
| 10   | Wed | 1:37  | 4.3 | 2:26  | 3.7 | 8:45  | 0.6  | 8:44  | 0.6  | 6:15                                                                                | 5:57 |    |
| 11   | Thu | 2:41  | 4.4 | 3:31  | 3.9 | 9:44  | 0.4  | 9:48  | 0.3  | 6:13                                                                                | 5:58 |    |
| 12   | Fri | 3:50  | 4.6 | 4:33  | 4.4 | 10:37 | 0.0  | 10:46 | -0.1 | 6:11                                                                                | 5:59 |   |
| 13   | Sat | 4:52  | 5.0 | 5:27  | 4.9 | 11:27 | -0.4 | 11:40 | -0.5 | 6:10                                                                                | 6:00 |  |
| 14   | Sun | 5:46  | 5.3 | 6:17  | 5.3 |       |      | 12:16 | -0.8 | 6:08                                                                                | 6:01 |  |
| 15   | Mon | 6:36  | 5.6 | 7:05  | 5.7 | 12:34 | -0.9 | 1:04  | -1.0 | 6:06                                                                                | 6:03 |  |
| 16   | Tue | 7:25  | 5.7 | 7:53  | 5.9 | 1:27  | -1.1 | 1:52  | -1.2 | 6:05                                                                                | 6:04 |  |
| 17   | Wed | 8:14  | 5.6 | 8:43  | 6.0 | 2:19  | -1.2 | 2:40  | -1.2 | 6:03                                                                                | 6:05 |  |
| 18   | Thu | 9:06  | 5.4 | 9:35  | 5.9 | 3:09  | -1.2 | 3:26  | -1.1 | 6:02                                                                                | 6:06 |  |
| 19   | Fri | 10:00 | 5.1 | 10:30 | 5.6 | 3:59  | -1.0 | 4:14  | -0.8 | 6:00                                                                                | 6:07 |  |
| 20   | Sat | 10:58 | 4.8 | 11:28 | 5.3 | 4:51  | -0.6 | 5:05  | -0.4 | 5:58                                                                                | 6:08 |  |
| 21   | Sun | 11:58 | 4.5 |       |     | 5:49  | -0.2 | 6:04  | 0.1  | 5:57                                                                                | 6:09 |  |
| 22   | Mon | 12:26 | 5.1 | 12:57 | 4.3 | 6:53  | 0.1  | 7:12  | 0.4  | 5:55                                                                                | 6:10 |  |
| 23   | Tue | 1:24  | 4.8 | 1:56  | 4.2 | 8:01  | 0.3  | 8:21  | 0.5  | 5:53                                                                                | 6:11 |  |
| 24   | Wed | 2:23  | 4.6 | 2:57  | 4.2 | 9:03  | 0.3  | 9:24  | 0.5  | 5:52                                                                                | 6:12 |  |
| 25   | Thu | 3:24  | 4.5 | 3:58  | 4.2 | 9:58  | 0.2  | 10:19 | 0.4  | 5:50                                                                                | 6:13 |  |
| 26   | Fri | 4:23  | 4.5 | 4:53  | 4.5 | 10:46 | 0.1  | 11:07 | 0.2  | 5:48                                                                                | 6:14 |  |
| 27   | Sat | 5:14  | 4.7 | 5:39  | 4.7 | 11:29 | 0.0  | 11:52 | 0.1  | 5:47                                                                                | 6:15 |  |
| 28   | Sun | 5:58  | 4.8 | 6:20  | 4.9 |       |      | 12:10 | -0.1 | 5:45                                                                                | 6:16 |  |
| 29   | Mon | 6:39  | 4.8 | 6:57  | 5.0 | 12:35 | 0.0  | 12:49 | -0.1 | 5:43                                                                                | 6:17 |  |
| 30   | Tue | 7:17  | 4.8 | 7:32  | 5.1 | 1:17  | -0.1 | 1:27  | -0.1 | 5:42                                                                                | 6:18 |  |
| 31   | Wed | 7:54  | 4.7 | 8:06  | 5.1 | 1:57  | -0.1 | 2:03  | -0.1 | 5:40                                                                                | 6:19 |  |