

Atlantic Highlands, NJ - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:43	4.5	9:39	5.2	3:51	0.1	3:44	0.4	5:54	7:51	
2	Sun	10:22	4.4	10:13	5.1	4:28	0.2	4:19	0.6	5:53	7:52	
3	Mon	11:04	4.2	10:53	5.0	5:04	0.3	4:55	0.7	5:52	7:53	
4	Tue	11:52	4.2	11:42	4.9	5:43	0.4	5:34	0.8	5:50	7:54	
5	Wed			12:44	4.3	6:28	0.6	6:25	0.9	5:49	7:55	
6	Thu	12:40	4.9	1:38	4.4	7:24	0.6	7:34	0.9	5:48	7:56	
7	Fri	1:39	4.9	2:33	4.7	8:29	0.5	8:51	0.8	5:47	7:57	
8	Sat	2:40	4.9	3:31	5.0	9:32	0.4	10:01	0.6	5:46	7:58	
9	Sun	3:45	4.9	4:33	5.4	10:30	0.1	11:03	0.2	5:45	7:59	
10	Mon	4:52	5.0	5:33	5.8	11:24	-0.2			5:44	8:00	
11	Tue	5:56	5.2	6:29	6.2	12:01	-0.2	12:17	-0.4	5:43	8:01	
12	Wed	6:53	5.4	7:21	6.5	12:57	-0.5	1:09	-0.5	5:42	8:02	
13	Thu	7:46	5.5	8:12	6.6	1:52	-0.7	2:02	-0.6	5:41	8:03	
14	Fri	8:39	5.5	9:02	6.5	2:46	-0.8	2:55	-0.5	5:40	8:04	
15	Sat	9:32	5.4	9:54	6.3	3:37	-0.8	3:46	-0.4	5:39	8:05	
16	Sun	10:27	5.2	10:47	5.9	4:27	-0.7	4:36	-0.1	5:38	8:06	
17	Mon	11:24	5.0	11:42	5.6	5:15	-0.4	5:25	0.3	5:37	8:07	
18	Tue			12:21	4.8	6:04	-0.1	6:18	0.6	5:36	8:08	
19	Wed	12:37	5.2	1:16	4.7	6:57	0.2	7:17	0.9	5:35	8:09	
20	Thu	1:30	4.9	2:07	4.7	7:52	0.5	8:21	1.1	5:34	8:10	
21	Fri	2:20	4.7	2:57	4.7	8:48	0.6	9:22	1.2	5:34	8:11	
22	Sat	3:11	4.5	3:47	4.7	9:39	0.7	10:18	1.1	5:33	8:12	
23	Sun	4:04	4.4	4:38	4.8	10:27	0.7	11:08	0.9	5:32	8:12	
24	Mon	4:58	4.3	5:28	5.0	11:11	0.6	11:55	0.7	5:32	8:13	
25	Tue	5:50	4.4	6:13	5.2	11:53	0.5			5:31	8:14	
26	Wed	6:37	4.5	6:54	5.4	12:39	0.5	12:35	0.5	5:30	8:15	
27	Thu	7:20	4.6	7:31	5.5	1:23	0.4	1:16	0.5	5:30	8:16	
28	Fri	8:01	4.6	8:07	5.5	2:07	0.3	1:59	0.5	5:29	8:17	
29	Sat	8:40	4.6	8:42	5.5	2:49	0.2	2:40	0.5	5:29	8:17	
30	Sun	9:20	4.6	9:16	5.5	3:30	0.1	3:21	0.5	5:28	8:18	
31	Mon	10:01	4.5	9:54	5.4	4:09	0.1	4:01	0.6	5:28	8:19	