

Atlantic Highlands, NJ - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:45	4.5	10:36	5.3	4:47	0.2	4:41	0.6	5:27	8:20	
2	Wed	11:33	4.5	11:27	5.2	5:26	0.2	5:24	0.7	5:27	8:20	
3	Thu			12:26	4.7	6:09	0.3	6:15	0.8	5:26	8:21	
4	Fri	12:23	5.1	1:19	4.9	7:00	0.3	7:19	0.8	5:26	8:22	
5	Sat	1:22	5.0	2:13	5.1	7:59	0.3	8:32	0.8	5:26	8:22	
6	Sun	2:20	5.0	3:09	5.4	9:01	0.3	9:42	0.6	5:26	8:23	
7	Mon	3:22	4.9	4:09	5.6	10:01	0.1	10:45	0.3	5:25	8:24	
8	Tue	4:28	4.9	5:10	5.9	10:58	-0.1	11:44	0.0	5:25	8:24	
9	Wed	5:34	5.0	6:09	6.2	11:53	-0.2			5:25	8:25	
10	Thu	6:34	5.1	7:03	6.4	12:40	-0.3	12:48	-0.3	5:25	8:25	
11	Fri	7:30	5.2	7:54	6.4	1:35	-0.5	1:42	-0.3	5:25	8:26	
12	Sat	8:23	5.3	8:44	6.4	2:28	-0.6	2:36	-0.2	5:25	8:26	
13	Sun	9:15	5.2	9:34	6.2	3:19	-0.6	3:27	-0.1	5:25	8:27	
14	Mon	10:08	5.1	10:24	5.9	4:07	-0.5	4:16	0.1	5:25	8:27	
15	Tue	11:01	5.0	11:15	5.5	4:52	-0.3	5:03	0.4	5:25	8:28	
16	Wed	11:54	4.9			5:37	-0.1	5:51	0.7	5:25	8:28	
17	Thu	12:06	5.2	12:45	4.8	6:22	0.2	6:42	1.0	5:25	8:28	
18	Fri	12:56	4.9	1:33	4.8	7:09	0.5	7:39	1.2	5:25	8:29	
19	Sat	1:44	4.6	2:19	4.8	7:59	0.7	8:40	1.3	5:25	8:29	
20	Sun	2:31	4.4	3:05	4.8	8:50	0.8	9:38	1.2	5:25	8:29	
21	Mon	3:21	4.3	3:53	4.8	9:40	0.8	10:32	1.1	5:26	8:29	
22	Tue	4:14	4.2	4:44	4.9	10:28	0.8	11:21	0.9	5:26	8:30	
23	Wed	5:10	4.2	5:34	5.1	11:14	0.7			5:26	8:30	
24	Thu	6:03	4.3	6:20	5.3	12:08	0.7	11:59 AM	0.7	5:26	8:30	
25	Fri	6:50	4.4	7:02	5.4	12:54	0.5	12:44	0.6	5:27	8:30	
26	Sat	7:34	4.5	7:40	5.6	1:39	0.3	1:29	0.5	5:27	8:30	
27	Sun	8:15	4.6	8:18	5.7	2:24	0.2	2:15	0.4	5:27	8:30	
28	Mon	8:56	4.7	8:57	5.7	3:07	0.0	3:00	0.4	5:28	8:30	
29	Tue	9:39	4.8	9:38	5.7	3:48	-0.1	3:44	0.3	5:28	8:30	
30	Wed	10:24	4.9	10:23	5.6	4:27	-0.1	4:28	0.3	5:29	8:30	