

## Atlantic Highlands, NJ - Jul 1976

| Date |     | High  |     |       |     | Low   |      |       |     |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft  | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu | 11:13 | 5.0 | 11:14 | 5.4 | 5:07  | -0.1 | 5:13  | 0.4 | 5:29                                                                                | 8:30 |    |
| 2    | Fri |       |     | 12:06 | 5.1 | 5:49  | 0.0  | 6:05  | 0.5 | 5:30                                                                                | 8:30 |    |
| 3    | Sat | 12:09 | 5.3 | 1:00  | 5.3 | 6:37  | 0.1  | 7:06  | 0.6 | 5:30                                                                                | 8:29 |    |
| 4    | Sun | 1:07  | 5.1 | 1:54  | 5.4 | 7:33  | 0.2  | 8:15  | 0.7 | 5:31                                                                                | 8:29 |    |
| 5    | Mon | 2:04  | 4.9 | 2:50  | 5.6 | 8:35  | 0.2  | 9:25  | 0.6 | 5:31                                                                                | 8:29 |    |
| 6    | Tue | 3:04  | 4.8 | 3:49  | 5.7 | 9:38  | 0.2  | 10:29 | 0.4 | 5:32                                                                                | 8:29 |    |
| 7    | Wed | 4:10  | 4.7 | 4:51  | 5.8 | 10:38 | 0.1  | 11:29 | 0.2 | 5:33                                                                                | 8:28 |    |
| 8    | Thu | 5:17  | 4.8 | 5:52  | 6.0 | 11:36 | 0.0  |       |     | 5:33                                                                                | 8:28 |    |
| 9    | Fri | 6:19  | 4.9 | 6:47  | 6.1 | 12:24 | 0.0  | 12:31 | 0.0 | 5:34                                                                                | 8:28 |    |
| 10   | Sat | 7:15  | 5.1 | 7:38  | 6.2 | 1:18  | -0.2 | 1:25  | 0.0 | 5:35                                                                                | 8:27 |    |
| 11   | Sun | 8:06  | 5.2 | 8:26  | 6.1 | 2:10  | -0.3 | 2:17  | 0.0 | 5:35                                                                                | 8:27 |    |
| 12   | Mon | 8:55  | 5.2 | 9:12  | 6.0 | 2:58  | -0.4 | 3:07  | 0.1 | 5:36                                                                                | 8:26 |    |
| 13   | Tue | 9:43  | 5.2 | 9:58  | 5.7 | 3:44  | -0.4 | 3:54  | 0.2 | 5:37                                                                                | 8:26 |   |
| 14   | Wed | 10:31 | 5.1 | 10:45 | 5.4 | 4:25  | -0.2 | 4:38  | 0.4 | 5:38                                                                                | 8:25 |  |
| 15   | Thu | 11:19 | 5.0 | 11:31 | 5.1 | 5:05  | 0.0  | 5:21  | 0.7 | 5:38                                                                                | 8:25 |  |
| 16   | Fri |       |     | 12:07 | 4.9 | 5:43  | 0.2  | 6:05  | 0.9 | 5:39                                                                                | 8:24 |  |
| 17   | Sat | 12:19 | 4.8 | 12:53 | 4.8 | 6:23  | 0.5  | 6:55  | 1.2 | 5:40                                                                                | 8:24 |  |
| 18   | Sun | 1:06  | 4.5 | 1:38  | 4.8 | 7:06  | 0.7  | 7:52  | 1.3 | 5:41                                                                                | 8:23 |  |
| 19   | Mon | 1:52  | 4.3 | 2:22  | 4.7 | 7:55  | 0.9  | 8:53  | 1.4 | 5:42                                                                                | 8:22 |  |
| 20   | Tue | 2:40  | 4.2 | 3:07  | 4.8 | 8:49  | 1.0  | 9:52  | 1.3 | 5:42                                                                                | 8:21 |  |
| 21   | Wed | 3:31  | 4.1 | 3:58  | 4.8 | 9:44  | 1.0  | 10:46 | 1.1 | 5:43                                                                                | 8:21 |  |
| 22   | Thu | 4:28  | 4.1 | 4:52  | 4.9 | 10:37 | 0.9  | 11:36 | 0.9 | 5:44                                                                                | 8:20 |  |
| 23   | Fri | 5:26  | 4.2 | 5:44  | 5.2 | 11:26 | 0.8  |       |     | 5:45                                                                                | 8:19 |  |
| 24   | Sat | 6:19  | 4.4 | 6:31  | 5.4 | 12:23 | 0.6  | 12:15 | 0.6 | 5:46                                                                                | 8:18 |  |
| 25   | Sun | 7:05  | 4.6 | 7:14  | 5.7 | 1:09  | 0.4  | 1:02  | 0.5 | 5:47                                                                                | 8:17 |  |
| 26   | Mon | 7:48  | 4.8 | 7:56  | 5.8 | 1:54  | 0.1  | 1:51  | 0.3 | 5:48                                                                                | 8:16 |  |
| 27   | Tue | 8:31  | 5.1 | 8:37  | 5.9 | 2:39  | -0.1 | 2:39  | 0.1 | 5:49                                                                                | 8:16 |  |
| 28   | Wed | 9:14  | 5.2 | 9:21  | 5.9 | 3:22  | -0.3 | 3:27  | 0.0 | 5:50                                                                                | 8:15 |  |
| 29   | Thu | 10:00 | 5.4 | 10:08 | 5.8 | 4:04  | -0.3 | 4:14  | 0.0 | 5:50                                                                                | 8:14 |  |
| 30   | Fri | 10:50 | 5.5 | 10:59 | 5.6 | 4:45  | -0.3 | 5:01  | 0.1 | 5:51                                                                                | 8:13 |  |
| 31   | Sat | 11:44 | 5.6 | 11:55 | 5.3 | 5:28  | -0.2 | 5:53  | 0.2 | 5:52                                                                                | 8:12 |  |