

Atlantic Highlands, NJ - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:39	5.6	6:15	-0.1	6:52	0.4	5:53	8:10	
2	Mon	12:53	5.1	1:36	5.6	7:11	0.1	7:59	0.6	5:54	8:09	
3	Tue	1:52	4.9	2:32	5.6	8:14	0.3	9:09	0.6	5:55	8:08	
4	Wed	2:52	4.7	3:32	5.6	9:21	0.4	10:15	0.5	5:56	8:07	
5	Thu	3:57	4.6	4:35	5.6	10:24	0.4	11:14	0.3	5:57	8:06	
6	Fri	5:04	4.7	5:36	5.7	11:23	0.3			5:58	8:05	
7	Sat	6:06	4.8	6:32	5.8	12:08	0.1	12:17	0.2	5:59	8:04	
8	Sun	6:59	5.0	7:21	5.9	12:59	0.0	1:09	0.2	6:00	8:02	
9	Mon	7:48	5.2	8:06	5.9	1:47	-0.1	1:59	0.2	6:01	8:01	
10	Tue	8:32	5.3	8:49	5.8	2:33	-0.2	2:46	0.2	6:02	8:00	
11	Wed	9:15	5.3	9:31	5.6	3:15	-0.1	3:30	0.3	6:03	7:59	
12	Thu	9:58	5.2	10:13	5.3	3:54	0.0	4:11	0.4	6:04	7:57	
13	Fri	10:40	5.1	10:55	5.0	4:30	0.1	4:51	0.6	6:05	7:56	
14	Sat	11:23	5.0	11:40	4.7	5:05	0.3	5:31	0.9	6:06	7:55	
15	Sun			12:07	4.9	5:39	0.6	6:13	1.1	6:07	7:53	
16	Mon	12:26	4.5	12:51	4.8	6:16	0.8	7:03	1.3	6:08	7:52	
17	Tue	1:13	4.3	1:36	4.7	7:00	1.0	8:04	1.4	6:09	7:50	
18	Wed	2:02	4.1	2:21	4.7	7:56	1.2	9:09	1.4	6:10	7:49	
19	Thu	2:52	4.1	3:10	4.8	8:59	1.2	10:08	1.3	6:11	7:48	
20	Fri	3:48	4.1	4:06	4.9	10:00	1.1	11:02	1.0	6:12	7:46	
21	Sat	4:49	4.2	5:05	5.1	10:56	0.9	11:50	0.7	6:13	7:45	
22	Sun	5:45	4.5	5:59	5.4	11:47	0.7			6:14	7:43	
23	Mon	6:35	4.9	6:47	5.7	12:37	0.4	12:38	0.4	6:15	7:42	
24	Tue	7:20	5.2	7:32	6.0	1:22	0.1	1:28	0.1	6:16	7:40	
25	Wed	8:04	5.6	8:16	6.1	2:08	-0.2	2:18	-0.1	6:16	7:39	
26	Thu	8:49	5.8	9:02	6.0	2:53	-0.4	3:09	-0.3	6:17	7:37	
27	Fri	9:36	6.0	9:51	5.9	3:37	-0.5	3:58	-0.3	6:18	7:36	
28	Sat	10:26	6.0	10:43	5.6	4:21	-0.5	4:47	-0.2	6:19	7:34	
29	Sun	11:21	6.0	11:41	5.4	5:06	-0.3	5:39	0.0	6:20	7:32	
30	Mon			12:19	5.9	5:55	-0.1	6:37	0.3	6:21	7:31	
31	Tue	12:41	5.1	1:18	5.7	6:51	0.3	7:43	0.6	6:22	7:29	