

Atlantic Highlands, NJ - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:42	4.9	2:16	5.6	7:57	0.5	8:53	0.7	6:23	7:28	
2	Thu	2:42	4.7	3:16	5.5	9:07	0.7	9:59	0.6	6:24	7:26	
3	Fri	3:45	4.7	4:18	5.4	10:12	0.7	10:57	0.5	6:25	7:25	
4	Sat	4:50	4.7	5:19	5.5	11:10	0.6	11:49	0.3	6:26	7:23	
5	Sun	5:50	4.9	6:13	5.6			12:03	0.5	6:27	7:21	
6	Mon	6:41	5.2	7:01	5.6	12:36	0.2	12:52	0.4	6:28	7:20	
7	Tue	7:26	5.3	7:43	5.7	1:20	0.1	1:38	0.3	6:29	7:18	
8	Wed	8:06	5.4	8:23	5.6	2:02	0.1	2:23	0.3	6:30	7:16	
9	Thu	8:45	5.5	9:02	5.4	2:42	0.1	3:05	0.3	6:31	7:15	
10	Fri	9:23	5.4	9:41	5.2	3:20	0.2	3:45	0.4	6:32	7:13	
11	Sat	10:00	5.3	10:21	5.0	3:55	0.3	4:23	0.6	6:33	7:11	
12	Sun	10:38	5.2	11:02	4.7	4:28	0.5	5:00	0.8	6:34	7:10	
13	Mon	11:17	5.0	11:47	4.4	5:01	0.7	5:38	1.0	6:35	7:08	
14	Tue	11:59	4.9			5:35	0.9	6:21	1.2	6:36	7:06	
15	Wed	12:36	4.2	12:45	4.8	6:13	1.2	7:16	1.4	6:37	7:05	
16	Thu	1:26	4.1	1:34	4.7	7:04	1.3	8:23	1.4	6:38	7:03	
17	Fri	2:17	4.1	2:26	4.8	8:13	1.4	9:28	1.3	6:39	7:01	
18	Sat	3:12	4.2	3:23	4.9	9:24	1.3	10:25	1.0	6:40	7:00	
19	Sun	4:11	4.4	4:24	5.1	10:26	1.0	11:15	0.7	6:41	6:58	
20	Mon	5:10	4.8	5:25	5.4	11:22	0.7			6:42	6:56	
21	Tue	6:03	5.2	6:18	5.7	12:03	0.3	12:14	0.3	6:43	6:55	
22	Wed	6:52	5.7	7:07	5.9	12:49	0.0	1:06	-0.1	6:43	6:53	
23	Thu	7:38	6.1	7:55	6.1	1:36	-0.3	1:58	-0.3	6:44	6:51	
24	Fri	8:25	6.4	8:43	6.1	2:23	-0.5	2:50	-0.5	6:45	6:50	
25	Sat	9:13	6.5	9:33	5.9	3:11	-0.6	3:42	-0.5	6:46	6:48	
26	Sun	10:04	6.4	10:28	5.6	3:58	-0.5	4:32	-0.4	6:47	6:46	
27	Mon	10:59	6.2	11:26	5.3	4:46	-0.3	5:24	-0.2	6:48	6:45	
28	Tue	11:58	6.0			5:36	0.0	6:21	0.2	6:49	6:43	
29	Wed	12:28	5.1	12:59	5.7	6:33	0.4	7:25	0.5	6:50	6:41	
30	Thu	1:30	4.9	1:59	5.5	7:40	0.7	8:32	0.6	6:51	6:40	