

Atlantic Highlands, NJ - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:30	4.8	2:57	5.3	8:51	0.9	9:37	0.6	6:52	6:38	
2	Sat	3:31	4.8	3:56	5.2	9:57	0.9	10:34	0.5	6:53	6:36	
3	Sun	4:31	4.8	4:56	5.2	10:54	0.8	11:24	0.4	6:54	6:35	
4	Mon	5:28	5.0	5:49	5.2	11:45	0.6			6:55	6:33	
5	Tue	6:17	5.2	6:36	5.3	12:08	0.3	12:32	0.5	6:56	6:31	
6	Wed	7:00	5.4	7:18	5.3	12:49	0.3	1:16	0.4	6:57	6:30	
7	Thu	7:39	5.5	7:57	5.3	1:29	0.2	1:58	0.3	6:58	6:28	
8	Fri	8:15	5.6	8:35	5.2	2:07	0.3	2:40	0.3	7:00	6:27	
9	Sat	8:50	5.6	9:13	5.0	2:45	0.3	3:20	0.4	7:01	6:25	
10	Sun	9:24	5.4	9:51	4.8	3:21	0.4	3:58	0.5	7:02	6:23	
11	Mon	9:58	5.3	10:30	4.6	3:56	0.6	4:34	0.6	7:03	6:22	
12	Tue	10:32	5.1	11:13	4.4	4:29	0.8	5:11	0.8	7:04	6:20	
13	Wed	11:10	5.0			5:02	1.0	5:50	1.0	7:05	6:19	
14	Thu	12:01	4.2	11:55 AM	4.8	5:39	1.1	6:37	1.2	7:06	6:17	
15	Fri	12:53	4.1	12:49	4.8	6:25	1.3	7:37	1.2	7:07	6:16	
16	Sat	1:46	4.2	1:46	4.8	7:31	1.4	8:44	1.1	7:08	6:14	
17	Sun	2:39	4.3	2:44	4.9	8:49	1.3	9:45	0.9	7:09	6:13	
18	Mon	3:36	4.6	3:46	5.0	9:57	1.0	10:39	0.5	7:10	6:11	
19	Tue	4:35	5.0	4:50	5.2	10:57	0.6	11:29	0.2	7:11	6:10	
20	Wed	5:32	5.5	5:50	5.5	11:52	0.1			7:12	6:08	
21	Thu	6:25	6.0	6:44	5.7	12:17	-0.2	12:46	-0.2	7:13	6:07	
22	Fri	7:14	6.4	7:34	5.8	1:06	-0.4	1:39	-0.5	7:15	6:06	
23	Sat	8:03	6.6	8:25	5.8	1:56	-0.6	2:33	-0.7	7:16	6:04	
24	Sun	8:52	6.7	9:17	5.7	2:46	-0.6	3:26	-0.7	7:17	6:03	
25	Mon	9:44	6.6	10:12	5.5	3:37	-0.6	4:17	-0.6	7:18	6:02	
26	Tue	10:39	6.3	11:11	5.2	4:27	-0.3	5:08	-0.4	7:19	6:00	
27	Wed	11:38	5.9			5:19	0.0	6:02	-0.1	7:20	5:59	
28	Thu	12:13	5.0	12:38	5.6	6:15	0.4	7:02	0.2	7:21	5:58	
29	Fri	1:14	4.8	1:36	5.3	7:19	0.7	8:05	0.5	7:22	5:56	
30	Sat	2:12	4.8	2:32	5.1	8:28	0.9	9:07	0.5	7:24	5:55	
31	Sun	2:08	4.7	2:28	4.9	8:34	1.0	9:03	0.5	6:25	4:54	