

Atlantic Highlands, NJ - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:04	4.8	3:24	4.8	9:32	0.9	9:52	0.5	6:26	4:53	
2	Tue	3:59	4.9	4:18	4.8	10:22	0.7	10:35	0.4	6:27	4:51	
3	Wed	4:48	5.1	5:07	4.8	11:08	0.5	11:15	0.3	6:28	4:50	
4	Thu	5:31	5.3	5:51	4.9	11:51	0.4	11:55	0.3	6:29	4:49	
5	Fri	6:10	5.4	6:31	4.9			12:33	0.3	6:31	4:48	
6	Sat	6:47	5.5	7:10	4.8	12:34	0.3	1:15	0.2	6:32	4:47	
7	Sun	7:21	5.5	7:48	4.7	1:13	0.3	1:56	0.2	6:33	4:46	
8	Mon	7:55	5.4	8:26	4.6	1:51	0.4	2:35	0.3	6:34	4:45	
9	Tue	8:27	5.3	9:04	4.4	2:28	0.5	3:13	0.3	6:35	4:44	
10	Wed	9:00	5.1	9:46	4.3	3:04	0.6	3:49	0.5	6:36	4:43	
11	Thu	9:36	5.0	10:32	4.1	3:39	0.7	4:27	0.6	6:38	4:42	
12	Fri	10:20	4.9	11:23	4.1	4:16	0.9	5:08	0.7	6:39	4:41	
13	Sat	11:15	4.8			5:00	1.0	5:59	0.8	6:40	4:40	
14	Sun	12:16	4.2	12:13	4.8	6:01	1.1	7:00	0.7	6:41	4:39	
15	Mon	1:09	4.4	1:12	4.8	7:17	1.0	8:03	0.5	6:42	4:38	
16	Tue	2:04	4.7	2:13	4.8	8:30	0.8	9:02	0.3	6:43	4:38	
17	Wed	3:03	5.1	3:18	4.9	9:34	0.4	9:56	-0.1	6:45	4:37	
18	Thu	4:03	5.5	4:23	5.1	10:32	0.0	10:48	-0.4	6:46	4:36	
19	Fri	5:00	6.0	5:22	5.3	11:28	-0.4	11:40	-0.6	6:47	4:36	
20	Sat	5:53	6.3	6:16	5.4			12:22	-0.7	6:48	4:35	
21	Sun	6:44	6.5	7:09	5.5	12:33	-0.7	1:17	-0.8	6:49	4:34	
22	Mon	7:35	6.5	8:02	5.4	1:26	-0.8	2:10	-0.9	6:50	4:34	
23	Tue	8:26	6.4	8:56	5.2	2:19	-0.7	3:01	-0.9	6:51	4:33	
24	Wed	9:20	6.1	9:53	5.0	3:10	-0.5	3:50	-0.7	6:52	4:33	
25	Thu	10:15	5.7	10:52	4.8	4:00	-0.2	4:40	-0.4	6:54	4:32	
26	Fri	11:13	5.3	11:51	4.7	4:53	0.2	5:33	-0.1	6:55	4:32	
27	Sat			12:08	5.0	5:51	0.6	6:29	0.2	6:56	4:31	
28	Sun	12:45	4.6	1:01	4.7	6:56	0.8	7:27	0.4	6:57	4:31	
29	Mon	1:37	4.6	1:53	4.5	8:01	0.9	8:22	0.4	6:58	4:30	
30	Tue	2:29	4.6	2:46	4.3	9:00	0.8	9:12	0.4	6:59	4:30	