

Atlantic Highlands, NJ - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:21	4.6	3:40	4.2	9:53	0.7	9:57	0.4	7:00	4:30	
2	Thu	4:12	4.8	4:33	4.2	10:40	0.5	10:40	0.3	7:01	4:30	
3	Fri	4:59	4.9	5:21	4.3	11:24	0.4	11:21	0.2	7:02	4:30	
4	Sat	5:41	5.1	6:05	4.4			12:07	0.2	7:03	4:29	
5	Sun	6:20	5.2	6:46	4.4	12:02	0.2	12:50	0.1	7:04	4:29	
6	Mon	6:56	5.3	7:25	4.4	12:44	0.2	1:33	0.0	7:05	4:29	
7	Tue	7:31	5.2	8:04	4.3	1:25	0.2	2:14	-0.1	7:06	4:29	
8	Wed	8:04	5.2	8:42	4.3	2:06	0.2	2:52	-0.1	7:06	4:29	
9	Thu	8:38	5.1	9:22	4.2	2:44	0.2	3:29	0.0	7:07	4:29	
10	Fri	9:16	5.0	10:06	4.2	3:22	0.3	4:06	0.0	7:08	4:29	
11	Sat	9:59	4.9	10:55	4.2	4:01	0.4	4:44	0.1	7:09	4:29	
12	Sun	10:51	4.7	11:48	4.3	4:45	0.5	5:28	0.2	7:10	4:30	
13	Mon	11:48	4.6			5:40	0.6	6:22	0.2	7:10	4:30	
14	Tue	12:41	4.5	12:47	4.5	6:51	0.6	7:25	0.1	7:11	4:30	
15	Wed	1:36	4.8	1:47	4.5	8:05	0.5	8:28	0.0	7:12	4:30	
16	Thu	2:35	5.0	2:52	4.5	9:13	0.2	9:28	-0.3	7:13	4:30	
17	Fri	3:38	5.3	4:00	4.5	10:14	-0.2	10:25	-0.5	7:13	4:31	
18	Sat	4:39	5.7	5:04	4.7	11:12	-0.5	11:20	-0.7	7:14	4:31	
19	Sun	5:36	5.9	6:01	4.9			12:07	-0.8	7:14	4:32	
20	Mon	6:29	6.1	6:55	5.0	12:15	-0.8	1:01	-1.0	7:15	4:32	
21	Tue	7:19	6.1	7:47	5.1	1:09	-0.9	1:53	-1.1	7:15	4:33	
22	Wed	8:10	6.0	8:39	5.0	2:02	-0.8	2:43	-1.1	7:16	4:33	
23	Thu	9:00	5.7	9:32	4.8	2:53	-0.7	3:30	-0.9	7:16	4:34	
24	Fri	9:51	5.4	10:26	4.7	3:41	-0.4	4:15	-0.7	7:17	4:34	
25	Sat	10:43	5.0	11:19	4.5	4:29	-0.1	5:00	-0.4	7:17	4:35	
26	Sun	11:35	4.7			5:19	0.3	5:48	-0.1	7:17	4:35	
27	Mon	12:11	4.4	12:26	4.3	6:16	0.6	6:39	0.2	7:18	4:36	
28	Tue	12:59	4.3	1:15	4.1	7:17	0.8	7:32	0.4	7:18	4:37	
29	Wed	1:47	4.3	2:05	3.8	8:19	0.8	8:25	0.4	7:18	4:38	
30	Thu	2:37	4.3	2:58	3.7	9:16	0.7	9:16	0.4	7:19	4:38	
31	Fri	3:30	4.3	3:55	3.7	10:08	0.5			7:19	4:39	