

Atlantic Highlands, NJ - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:47	4.3			5:42	0.6	6:15	0.2	7:19	4:40	
2	Mon	12:39	4.3	12:43	4.2	6:51	0.6	7:18	0.2	7:19	4:41	
3	Tue	1:32	4.5	1:43	4.1	8:05	0.5	8:23	0.0	7:19	4:41	
4	Wed	2:31	4.7	2:49	4.1	9:14	0.2	9:25	-0.2	7:19	4:42	
5	Thu	3:34	5.1	3:59	4.3	10:15	-0.2	10:24	-0.5	7:19	4:43	
6	Fri	4:38	5.4	5:04	4.5	11:12	-0.6	11:20	-0.7	7:19	4:44	
7	Sat	5:35	5.8	6:02	4.8			12:08	-0.9	7:19	4:45	
8	Sun	6:29	6.0	6:56	5.0	12:16	-1.0	1:02	-1.2	7:19	4:46	
9	Mon	7:21	6.1	7:49	5.1	1:12	-1.1	1:55	-1.4	7:19	4:47	
10	Tue	8:12	6.0	8:42	5.1	2:06	-1.1	2:45	-1.4	7:18	4:48	
11	Wed	9:04	5.8	9:37	5.0	2:58	-1.0	3:33	-1.3	7:18	4:49	
12	Thu	9:57	5.5	10:32	4.9	3:48	-0.8	4:19	-1.1	7:18	4:50	
13	Fri	10:51	5.1	11:26	4.7	4:38	-0.5	5:07	-0.8	7:17	4:51	
14	Sat	11:45	4.7			5:32	-0.1	5:57	-0.4	7:17	4:52	
15	Sun	12:19	4.6	12:37	4.4	6:31	0.2	6:51	-0.1	7:17	4:53	
16	Mon	1:10	4.4	1:28	4.1	7:35	0.4	7:47	0.1	7:16	4:55	
17	Tue	2:00	4.3	2:20	3.8	8:37	0.5	8:42	0.2	7:16	4:56	
18	Wed	2:52	4.3	3:16	3.7	9:34	0.4	9:33	0.2	7:15	4:57	
19	Thu	3:47	4.3	4:14	3.7	10:24	0.3	10:21	0.2	7:15	4:58	
20	Fri	4:40	4.4	5:07	3.8	11:11	0.1	11:06	0.1	7:14	4:59	
21	Sat	5:28	4.6	5:54	4.0	11:55	0.0	11:51	0.0	7:14	5:00	
22	Sun	6:10	4.7	6:36	4.1			12:38	-0.2	7:13	5:01	
23	Mon	6:48	4.8	7:16	4.2	12:35	-0.1	1:20	-0.3	7:12	5:03	
24	Tue	7:24	4.9	7:54	4.3	1:18	-0.2	2:00	-0.4	7:12	5:04	
25	Wed	7:59	4.8	8:31	4.3	1:59	-0.2	2:37	-0.5	7:11	5:05	
26	Thu	8:32	4.8	9:07	4.3	2:38	-0.2	3:12	-0.5	7:10	5:06	
27	Fri	9:07	4.7	9:45	4.3	3:15	-0.2	3:45	-0.4	7:09	5:07	
28	Sat	9:45	4.5	10:27	4.3	3:52	-0.1	4:19	-0.3	7:09	5:09	
29	Sun	10:30	4.4	11:15	4.4	4:32	0.0	4:55	-0.2	7:08	5:10	
30	Mon	11:22	4.2			5:20	0.1	5:40	-0.1	7:07	5:11	
31	Tue	12:07	4.5	12:20	4.1	6:23	0.3	6:40	0.0	7:06	5:12	