

Atlantic Highlands, NJ - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:08	4.2	6:07	0.1	6:18	0.0	6:29	5:47	
2	Thu	12:44	4.8	1:10	4.1	7:20	0.2	7:34	0.1	6:28	5:48	
3	Fri	1:46	4.8	2:16	4.1	8:33	0.1	8:48	0.0	6:26	5:49	
4	Sat	2:53	4.9	3:26	4.2	9:38	-0.1	9:54	-0.2	6:25	5:50	
5	Sun	4:01	5.0	4:34	4.5	10:37	-0.4	10:54	-0.5	6:23	5:51	
6	Mon	5:04	5.3	5:33	4.9	11:31	-0.7	11:50	-0.7	6:22	5:52	
7	Tue	5:59	5.5	6:25	5.2			12:22	-1.0	6:20	5:53	
8	Wed	6:48	5.6	7:13	5.4	12:43	-0.9	1:11	-1.1	6:19	5:54	
9	Thu	7:35	5.6	7:59	5.4	1:34	-0.9	1:57	-1.1	6:17	5:56	
10	Fri	8:21	5.4	8:44	5.4	2:22	-0.9	2:41	-1.0	6:15	5:57	
11	Sat	9:07	5.2	9:29	5.2	3:07	-0.8	3:21	-0.7	6:14	5:58	
12	Sun	9:53	4.8	10:14	4.9	3:49	-0.5	4:00	-0.4	6:12	5:59	
13	Mon	10:41	4.5	11:01	4.7	4:32	-0.2	4:39	0.0	6:10	6:00	
14	Tue	11:31	4.2	11:48	4.4	5:17	0.2	5:20	0.3	6:09	6:01	
15	Wed			12:21	3.9	6:08	0.5	6:08	0.7	6:07	6:02	
16	Thu	12:37	4.2	1:11	3.8	7:08	0.8	7:08	0.9	6:06	6:03	
17	Fri	1:26	4.1	2:04	3.7	8:11	0.8	8:13	0.9	6:04	6:04	
18	Sat	2:19	4.0	3:01	3.7	9:10	0.7	9:13	0.8	6:02	6:05	
19	Sun	3:18	4.1	3:59	3.9	10:01	0.6	10:07	0.6	6:01	6:06	
20	Mon	4:16	4.2	4:52	4.2	10:48	0.3	10:56	0.4	5:59	6:07	
21	Tue	5:07	4.5	5:38	4.5	11:31	0.1	11:42	0.1	5:57	6:08	
22	Wed	5:51	4.7	6:18	4.8			12:13	-0.1	5:56	6:09	
23	Thu	6:31	4.9	6:56	5.0	12:27	-0.1	12:55	-0.3	5:54	6:10	
24	Fri	7:09	5.0	7:33	5.2	1:12	-0.3	1:35	-0.4	5:52	6:11	
25	Sat	7:47	5.1	8:11	5.4	1:57	-0.5	2:15	-0.5	5:51	6:13	
26	Sun	8:28	5.0	8:52	5.4	2:40	-0.6	2:54	-0.5	5:49	6:14	
27	Mon	9:13	4.9	9:38	5.4	3:23	-0.6	3:34	-0.4	5:48	6:15	
28	Tue	10:03	4.7	10:31	5.3	4:08	-0.4	4:16	-0.2	5:46	6:16	
29	Wed	11:01	4.6	11:29	5.2	4:58	-0.2	5:06	0.0	5:44	6:17	
30	Thu			12:02	4.4	5:57	0.0	6:08	0.2	5:43	6:18	
31	Fri	12:31	5.1	1:04	4.4	7:06	0.1	7:23	0.4	5:41	6:19	