

Atlantic Highlands, NJ - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:19	5.1	3:58	5.0	9:57	0.1	10:28	0.4	5:55	7:51	
2	Tue	4:21	5.0	4:58	5.2	10:52	0.0	11:25	0.2	5:54	7:52	
3	Wed	5:22	5.0	5:54	5.4	11:43	-0.1			5:52	7:53	
4	Thu	6:17	5.1	6:43	5.6	12:17	0.0	12:29	-0.2	5:51	7:54	
5	Fri	7:05	5.1	7:27	5.7	1:06	-0.1	1:14	-0.1	5:50	7:55	
6	Sat	7:50	5.1	8:07	5.7	1:53	-0.2	1:57	-0.1	5:49	7:56	
7	Sun	8:33	5.0	8:46	5.7	2:38	-0.2	2:39	0.0	5:48	7:57	
8	Mon	9:15	4.9	9:25	5.5	3:21	-0.1	3:20	0.2	5:46	7:58	
9	Tue	9:58	4.7	10:04	5.3	4:01	0.0	3:58	0.4	5:45	7:59	
10	Wed	10:43	4.5	10:44	5.0	4:40	0.2	4:35	0.6	5:44	8:00	
11	Thu	11:30	4.3	11:26	4.8	5:18	0.4	5:12	0.8	5:43	8:01	
12	Fri			12:19	4.2	5:57	0.6	5:52	1.1	5:42	8:02	
13	Sat	12:12	4.6	1:08	4.2	6:42	0.8	6:40	1.3	5:41	8:03	
14	Sun	12:59	4.5	1:55	4.2	7:34	0.9	7:41	1.4	5:40	8:04	
15	Mon	1:47	4.4	2:41	4.3	8:31	0.9	8:49	1.3	5:39	8:05	
16	Tue	2:37	4.4	3:30	4.5	9:27	0.8	9:52	1.1	5:38	8:06	
17	Wed	3:31	4.4	4:22	4.7	10:19	0.7	10:48	0.8	5:37	8:07	
18	Thu	4:31	4.5	5:15	5.1	11:07	0.4	11:40	0.5	5:37	8:08	
19	Fri	5:30	4.7	6:05	5.5	11:54	0.2			5:36	8:08	
20	Sat	6:24	4.9	6:52	5.9	12:31	0.1	12:41	0.0	5:35	8:09	
21	Sun	7:14	5.1	7:38	6.2	1:22	-0.2	1:29	-0.2	5:34	8:10	
22	Mon	8:03	5.2	8:25	6.4	2:14	-0.5	2:20	-0.3	5:33	8:11	
23	Tue	8:54	5.3	9:15	6.4	3:05	-0.7	3:11	-0.3	5:33	8:12	
24	Wed	9:47	5.3	10:08	6.3	3:55	-0.7	4:02	-0.3	5:32	8:13	
25	Thu	10:45	5.2	11:05	6.1	4:45	-0.7	4:53	-0.1	5:31	8:14	
26	Fri	11:45	5.2			5:36	-0.5	5:48	0.1	5:31	8:15	
27	Sat	12:05	5.8	12:46	5.1	6:31	-0.3	6:49	0.4	5:30	8:15	
28	Sun	1:04	5.6	1:44	5.2	7:30	-0.1	7:57	0.6	5:29	8:16	
29	Mon	2:02	5.3	2:40	5.2	8:31	0.0	9:06	0.6	5:29	8:17	
30	Tue	2:58	5.1	3:36	5.2	9:30	0.1	10:09	0.6	5:28	8:18	
31	Wed	3:56	4.9	4:33	5.3	10:24	0.1	11:06	0.5	5:28	8:19	