

Atlantic Highlands, NJ - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:21	4.5	5:49	5.3	11:30	0.5			5:29	8:30	
2	Sun	6:14	4.5	6:35	5.4	12:20	0.5	12:14	0.5	5:29	8:30	
3	Mon	7:01	4.6	7:17	5.5	1:05	0.4	12:58	0.5	5:30	8:30	
4	Tue	7:45	4.7	7:56	5.5	1:49	0.3	1:42	0.5	5:31	8:29	
5	Wed	8:27	4.7	8:34	5.5	2:32	0.2	2:25	0.5	5:31	8:29	
6	Thu	9:08	4.7	9:10	5.4	3:13	0.2	3:07	0.6	5:32	8:29	
7	Fri	9:49	4.6	9:46	5.2	3:51	0.2	3:47	0.7	5:32	8:29	
8	Sat	10:30	4.6	10:21	5.1	4:27	0.3	4:25	0.8	5:33	8:28	
9	Sun	11:11	4.5	10:58	4.9	5:01	0.4	5:02	0.9	5:34	8:28	
10	Mon	11:53	4.5	11:39	4.8	5:34	0.5	5:40	1.0	5:34	8:28	
11	Tue			12:36	4.6	6:09	0.6	6:25	1.1	5:35	8:27	
12	Wed	12:26	4.7	1:20	4.8	6:50	0.6	7:24	1.2	5:36	8:27	
13	Thu	1:18	4.6	2:07	5.0	7:43	0.7	8:33	1.1	5:36	8:26	
14	Fri	2:12	4.5	2:59	5.2	8:45	0.6	9:42	0.9	5:37	8:26	
15	Sat	3:12	4.5	3:58	5.5	9:48	0.5	10:44	0.6	5:38	8:25	
16	Sun	4:20	4.6	5:01	5.8	10:49	0.3	11:43	0.2	5:39	8:24	
17	Mon	5:29	4.8	6:02	6.1	11:47	0.0			5:40	8:24	
18	Tue	6:31	5.1	6:59	6.4	12:38	-0.2	12:44	-0.2	5:40	8:23	
19	Wed	7:27	5.4	7:52	6.6	1:33	-0.5	1:41	-0.4	5:41	8:23	
20	Thu	8:22	5.6	8:44	6.6	2:27	-0.7	2:38	-0.5	5:42	8:22	
21	Fri	9:16	5.7	9:37	6.5	3:19	-0.9	3:33	-0.5	5:43	8:21	
22	Sat	10:11	5.7	10:31	6.2	4:09	-0.9	4:25	-0.3	5:44	8:20	
23	Sun	11:07	5.7	11:26	5.9	4:56	-0.8	5:17	-0.1	5:45	8:19	
24	Mon			12:03	5.6	5:44	-0.5	6:10	0.2	5:46	8:19	
25	Tue	12:21	5.5	12:57	5.4	6:33	-0.2	7:09	0.6	5:46	8:18	
26	Wed	1:15	5.2	1:49	5.3	7:26	0.2	8:11	0.8	5:47	8:17	
27	Thu	2:07	4.8	2:39	5.2	8:22	0.5	9:14	0.9	5:48	8:16	
28	Fri	2:59	4.6	3:30	5.1	9:18	0.7	10:13	0.9	5:49	8:15	
29	Sat	3:54	4.4	4:24	5.0	10:11	0.8	11:05	0.8	5:50	8:14	
30	Sun	4:51	4.3	5:18	5.1	11:00	0.8	11:53	0.7	5:51	8:13	
31	Mon	5:46	4.4	6:07	5.2	11:47	0.7			5:52	8:12	