

Atlantic Highlands, NJ - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:36	4.5	6:52	5.3	12:38	0.6	12:32	0.7	5:53	8:11	
2	Wed	7:20	4.7	7:32	5.4	1:21	0.4	1:16	0.6	5:54	8:10	
3	Thu	8:01	4.8	8:10	5.4	2:03	0.3	2:01	0.6	5:55	8:09	
4	Fri	8:41	4.9	8:45	5.4	2:44	0.2	2:43	0.5	5:56	8:08	
5	Sat	9:19	4.9	9:19	5.3	3:22	0.2	3:24	0.5	5:57	8:07	
6	Sun	9:56	4.9	9:53	5.2	3:58	0.2	4:03	0.6	5:58	8:05	
7	Mon	10:33	4.9	10:28	5.0	4:31	0.3	4:40	0.7	5:59	8:04	
8	Tue	11:12	4.9	11:09	4.9	5:03	0.4	5:18	0.8	6:00	8:03	
9	Wed	11:55	4.9	11:57	4.8	5:36	0.5	6:01	0.9	6:00	8:02	
10	Thu			12:44	5.1	6:14	0.6	6:55	1.0	6:01	8:00	
11	Fri	12:52	4.6	1:36	5.2	7:04	0.7	8:04	1.0	6:02	7:59	
12	Sat	1:50	4.6	2:32	5.3	8:11	0.7	9:17	0.9	6:03	7:58	
13	Sun	2:52	4.6	3:33	5.5	9:23	0.6	10:23	0.6	6:04	7:57	
14	Mon	4:01	4.6	4:40	5.7	10:30	0.4	11:23	0.2	6:05	7:55	
15	Tue	5:11	4.9	5:44	6.0	11:32	0.1			6:06	7:54	
16	Wed	6:15	5.2	6:42	6.3	12:19	-0.1	12:30	-0.1	6:07	7:53	
17	Thu	7:12	5.6	7:36	6.5	1:13	-0.4	1:27	-0.3	6:08	7:51	
18	Fri	8:04	5.8	8:27	6.5	2:06	-0.7	2:22	-0.5	6:09	7:50	
19	Sat	8:56	6.0	9:17	6.4	2:56	-0.8	3:16	-0.5	6:10	7:48	
20	Sun	9:47	6.0	10:08	6.1	3:44	-0.8	4:06	-0.3	6:11	7:47	
21	Mon	10:39	5.8	11:00	5.7	4:30	-0.6	4:55	-0.1	6:12	7:45	
22	Tue	11:31	5.7	11:53	5.4	5:14	-0.3	5:44	0.2	6:13	7:44	
23	Wed			12:24	5.5	5:59	0.1	6:37	0.6	6:14	7:42	
24	Thu	12:46	5.0	1:15	5.2	6:48	0.5	7:36	0.9	6:15	7:41	
25	Fri	1:38	4.7	2:05	5.1	7:41	0.8	8:38	1.1	6:16	7:39	
26	Sat	2:30	4.5	2:55	4.9	8:39	1.0	9:39	1.1	6:17	7:38	
27	Sun	3:23	4.3	3:47	4.9	9:37	1.1	10:34	1.1	6:18	7:36	
28	Mon	4:19	4.3	4:43	4.9	10:31	1.1	11:22	0.9	6:19	7:35	
29	Tue	5:16	4.4	5:36	5.0	11:20	1.0			6:20	7:33	
30	Wed	6:08	4.6	6:23	5.2	12:07	0.7	12:06	0.8	6:21	7:32	
31	Thu	6:53	4.8	7:05	5.3	12:49	0.5	12:51	0.7	6:22	7:30	